COMMODITY

FACT

SHEETS

NTSD

FACT SHEETS LISTED BY COMMODITY AND RECIPE

The following is a list of fact sheets alphabetically arranged by commodity along with respective recipe(s) using that commodity.

MEAT/MEAT ALTERNATES

1. Almonds, Shelled
   Recipes - Carrot Almond Muffins
   Almond Vegetable Saute

2. American Process Cheese
   Recipes - Spinach and Cheese
   Pizzaburger

3. Beef, Canned with Natural Juices
   Recipes - Beef Stew
   Chili con Carne with Beans

4. Beef Roast
   No Recipes

5. Blackeye Peas or Beans, Dry and Canned
   Recipes - Blackeye Appetizer Salad
   Blackeye Chili Beans

6. Catfish, Frozen, Pan Ready (With Backbone)
   Recipes - Corny Catfish
   Catfish Swamp Gravy

7. Catfish Steaks, Frozen
   Recipes - Southern Baked Catfish Steaks
   Chinese Fried Catfish Steaks

8. Cheddar Cheese
   Recipes - Taco Potato Boats
   Wiener Enchiladas

9. Chicken, Canned
   Recipes - Chicken Salad
   Chicken Croquettes

10. Chicken, Frozen, Cup-Up
    Recipe - Easy Oven Glazed Chicken

11. Chicken Thighs and Drumsticks, Frozen
    Recipe - Chicken Jambalaya

12. Chicken Nuggets, Frozen, Fried
    Recipes - Sweet and Sour Sauce
    Barbecue Sauce

13. Egg Mix, Dried
    Recipes - Cornbread
    Egg Foo Yung

14. Ground Beef, Frozen
    Recipes - Tamale Meat Pie with Cornbread Topping
              Tijuana Tacos

15. Ground Beef Patties, Frozen
    No Recipes

16. Ground Pork, Frozen
    Recipes - Pork and Macaroni
              Ground Pork Patties

17. Lima Beans, Dry and Canned
    Recipes - Brunswick Stew
              Six Bean Soup

18. Mozzarella Cheese
    Recipes - Pizza Casserole
              Spicy Pizza Surprise

19. Peanut Butter, Smooth or Crunchy
    Recipes - Peanut Butter Cake
              Peanut Muffins

20. Pork, Canned with Natural Juices
    Recipes - Pork-Kidney Bean Salad
              American Pork Casserole

21. Red Beans, Dry and Canned
    Recipes - Baked Beans
              Pizza Bean Casserole

22. Roasted Peanuts (Shelled) and Peanut Granules
    Recipes - Oatmeal Peanut Cookies
              Waldorf Salad with Peanuts

23. Salmon, Pink, Canned
    Recipes - Pear and Salmon Pasta Salad
              Salmon Casserole

24. Split Peas and Lentils
    Recipes - Lentil Chili
              Split Pea Soup Hungarian

25. Tuna Fish, Canned
    Recipes - Baked Tuna Loaf Supreme
              Baked Tuna and Noodles

26. Turkey, Whole, Frozen
    Recipe - Turkey Tetrazzini

27. Turkey Roasts, Ready to Cook, Frozen
    No Recipes

28. Vegetarian Beans, Canned
    Recipes - Baked Beans (The Tomato Recipe)
              Franks and Beans in Pita Pouches

29. Walnuts, Shelled
    Recipes - Maple Walnut Bread Pudding
              The Great Chinese Chef's Salad

30. White Beans, Dry and Canned
    Recipes - Navy Pea Soup
              Hot German Bean Salad

VEGETABLES AND FRUITS

1. Apples, Fresh
   Recipe - Peanut Butter Baked Apples with Custard Sauce

2. Applesauce, Canned
   Recipes - Tricky Apple Dessert
             Honey Applesauce Cake

3. Apricots, Canned
   Recipes - Apricot Oatmeal Chews
             Rice That's Nice

4. Blueberries, Frozen
   Recipes - Blueberry Bran Muffins
             Blueberry Dessert Squares

5. Cherries, Frozen
   Recipes - Cherry Cake Pudding
             Spiced Cherry Gelatin Salad

6. Corn, Whole Kernel, Canned (Liquid Pack)
   Recipes - Mexican Corn
             Corn Casserole

7. Fig Nuggets
   Recipes - Apple/Fig Oatmeal Bars
             Fig Nugget Bran Muffins
             Fig Cookie Bars

8. Green Beans, Canned
   Recipes - San Joaquin Green Beans
             Three Bean Salad

9. Green Beans, Frozen
   Recipes - Lyonnaise Green Beans
             Vegetable Medley Scallop

10. Green Peas, Canned
    Recipes - Country Style Peas
              Turkey Salad

11. Green Peas, Frozen
    Recipes - Layered Lettuce Salad
              Chicken Pot Pie

12. Instant Mashed Potatoes, Dehydrated
    Recipes - Preparing Instant Mashed White Potatoes
              Shepherd's Pie

13. Lemon Juice Concentrate, Frozen
    Recipes - Fresh Fruit Salad
              Lemon Pie Cookies

14. Mixed Fruit, Canned
    Recipes - Calico Trifle
              Fruit Parfait

15. Mixed Vegetables, Frozen
    Recipes - Vegetable Salad
              Vegetable Scallop with Peanut Gravy

16. Peaches, Canned
    Recipes - Raisin Bran Muffins with Peaches
              Crunchy Topped Peach Bread Pudding

17. Pears, Fresh.
    Recipe - Pear Half Filled with Carrot Salad

18. Pears, Bartlett, Canned
    Recipes - Pear-Cinnamon Scones
              Pear Raisin Cobbler

19. Pineapple, Canned
    Recipes - Pineapple-Macaroni Surfers Salad
              Pineapple Trade winds Breakfast Bread

20. Potatoes, Fresh (Baking Type)
    Recipe - Baked Potato Topped with Beef Chili

21. Potatoes, French Fried and Rounds, Frozen
    Recipe - Cheese-Potato Casserole

22. Prunes
    Recipes - Oatmeal Prune Bars
              Prune Orchard Salad

23. Purple Plums, Canned
    Recipes - Fruit Plum Crisp
              Sugar Plum Pudding Cake

24. Raisins
    Recipes - Peanut Butter Raisin Lassies
              Raisin Cinnamon Batter Bread

25. Sweet Potatoes, Canned (Syrup Pack)
    Recipes - Cherried Sweet Potato Scallop
              Sweet Potato Puff

26. Tomatoes, Canned
    Recipes - South of the Boarder Hash
              Tacos

27. Tomoto Paste, Canned
    Recipes - Pizza Sauce
              "Hot Dog" Chili

BREAD/BREAD ALTERNATES

1. All-Purpose Flour
   Recipes - Master Mix
             Biscuits Using Master Mix

2. Brown Rice
   Recipes - Fried Rice
             Tex-Mex Rice

3. Bulgur
   Recipes - To Cook Bulgur
             Bulgur Honey Bread
             Bulgur Pilaf

4. Corn Grits
   Recipes - To Cook Corn Grits
             Cornbread

5. Cornmeal
   Recipes - Nugget Prune Cornbread
             Cornbread Surprise

6. Macaroni and Spaghetti
   Recipes - To Cook Macaroni, Noodles, or Spaghetti
             Beef/Macaroni/Cheese

7. Rolled Oats
   Recipes - Crunchy Pear-Oatmeal Health Bar
             Oatmeal Rolls

8. Rolled Wheat
   Recipes - To Cook Rolled Wheat
             Rolled Wheat Biscuits
             Rolled Wheat Muffins

9. White Rice, Enriched
   Recipes - To Cook Rice
             Spicy Rice

10. Whole-Wheat Flour
    Recipes - Whole-Wheat Muffins
              Raisin Whole-Wheat Cake

OTHER FOODS

1. Butter
   Recipe - Vanilla Cookies

2. Honey
   Recipes - Honey Cornbread
             Honey Chicken Chinese Style

3. Nonfat Dry Milk
   Recipes - To Prepare Fluid Skim Milk, Buttermilk, and Sour Milk
             Bread Sticks

4. Tomato Catsup, Canned
   Recipes - Helen's Barbecue Sauce
             Calico Beans
             Porcupines in Savory Sauce

5. Vegetable Oil
   Recipes - Pig in Blankets
             French Dressing

6. Vegetable Shortening
   Recipes - Enriched Garlic Rolls
             Calzone (Meat and Cheese Filled Dough)

RECIPES LISTED BY FOOD CATEGORY

The following recipes featured on the fact sheets are alphabetically arranged by Food Category for easy reference. The commodity appears in parentheses after each recipe.

SOUPS, SAUCES, AND GRAVIES

Barbecue Sauce (Chicken Nuggets)
Catfish Swamp Gravy (Catfish, Frozen, Pan Ready)
Helen's Barbecue Sauce (Tomato Catsup)
Hot Dog Chili (Tomato Paste)
Navy Pea Soup (White Beans)
Pizza Sauce (Tomato Paste)
Six Bean Soup (Lima Beans)
Split Pea Soup Hungarian (Split Peas and Lentils)
Sweet & Sour Sauce (Chicken Nuggets)

SALAD AND SALAD DRESSINGS

Blackeye Appetizer Salad (Blackeye Peas)
Chicken Salad (Chicken, Canned)
Dutch Delight Waldorf Salad (Apples)
French Dressing (Vegetable Oil)
Fresh Fruit Salad (Lemon Juice Concentrate)
Hot German Bean Salad (White Beans)
Layered Lettuce Salad (Green Peas, Frozen)
Pear and Salmon Pasta Salad (Salmon)
Pear Half Filled With Carrot Salad (Pears, Fresh)
Pineapple-Macaroni Surfers Salad (Pineapple)
Pork-Kidney Bean Salad (Pork, Canned)
Prune Orchard Salad (Prunes)
Spiced Cherry Gelatin Salad (Cherries)
The Great Chinese Chef-Salad (Vegetarian Beans)
Three Bean Salad (Green Beans, Canned)
Turkey Salad (Green Peas, Canned)
Vegetable Salad (Mixed Vegetables)
Waldorf Salad With Peanuts (Peanut Granules)

MAIN DISHES

BEEF

Beef Stew (Beef, Canned)
Beef/Macaroni/Cheese (Macaroni and Spaghetti)
Calzone/Meat-And-Cheese-Filled Dough (Vegetable Shortening)
Chili Con Carne With Beans (Beef, Canned)
Pizzaburger (American Process Cheese)
Porcupines In Savory Sauce (Tomato Catsup)
Potato Topped With Beef Chili (Potatoes, Fresh)
Shepherd's Pie (Instant Mashed Potatoes)
South Of The Border Hash (Tomatoes)
Taco Potato Boats (Cheddar Cheese)
Tacos (Tomatoes)
Tamale Meat Pie With Cornbread Topping (Ground Beef)
Tijuana Tacos (Ground Beef)

POULTRY

Brunswick Stew (Lima Beans)
Chicken Croquettes (Chicken, Canned)
Chicken Jambalaya (Chicken Thighs and Drumsticks)
Chicken Pot Pie (Green Peas, Frozen)
Chicken-Corn Casserole (Corn)
Easy Oven Glazed Chicken (Chicken, Frozen, Cut-Up)
Honeyed Chicken Chinese Style (Honey)
Turkey Tetrazzini (Turkey, Whole)

PORK

American Pork Casserole (Pork, Canned)
Ground Pork Patties (Ground Pork)
Pork and Macaroni (Ground Pork)

FISH

Baked Tuna and Noodles (Tuna)
Baked Tuna Loaf Supreme (Tuna)
Chinese Fried Catfish Steaks (Catfish Steaks)
Corny Catfish (Catfish)
Salmon Casserole (Salmon)
Southern Baked Catfish Steaks (Catfish Steaks)

CHEESE AND EGGS

Egg Foo Yung (Egg Mix)
Pizza Casserole (Mozzarella Cheese)
Spicy Pizza Surprise (Mozzarella Cheese)

DRY BEANS & PEAS

Baked Beans (Red Beans)
Baked Beans - The Tomato Recipe (Vegetarian Beans)
Blackeye Chili Beans (Blackeye Peas)
Calico Beans (Tomato Catsup)
Lentil Chili (Split Peas and Lentils)
Pizza Bean Casserole (Red Beans)

OTHER MAIN DISH ITEMS

Franks And Beans In Pita Pouches (Vegetarian Beans)
Pigs In Blankets (Vegetable Oil)
Wiener Enchiladas (Cheddar Cheese)

VEGETABLES

Almond Vegetable Saute (Almonds)
Cheese-Potato Casserole (Potatoes, French Fries & Rounds)
Cherried Sweet Potato Scallop (Sweet Potatoes)
Country Style Peas (Peas, Canned)
Lyonnaise Green Beans (Green Beans, Frozen)
Mexican Corn (Corn)
San Joaquin Green Beans (Green Beans, Canned)
Spinach And Cheese (American Process Cheese)
Sweet Potato Puff (Sweet Potatoes)
Vegetable Medley Scallop (Green Beans, Frozen)
Vegetable Scallop With Peanut Gravy (Mixed Vegetables)

BREADS AND CEREALS

BREADS

Blueberry Bran Muffins (Blueberries)
Biscuits Using Master Mix (All-Purpose Flour)
Bread Sticks (Nonfat Dry Milk)
Bulgur Honey Bread (Bulgur)
Carrot Almond Muffins (Almonds)
Cornbread (Egg Mix)
Cornbread (Corn Grits)
Cornbread Surprise (Cornmeal)
Enriched Garlic Rolls (Vegetable Shortening)
Fig Nugget Bran Muffins (Fig Nuggets)
Honey Cornbread (Honey)
Master Mix (All-Purpose Flour)
Nugget Prune Cornbread (Cornmeal)
Oatmeal Rolls (Oatmeal)
Peanut Muffins (Peanut Butter)
Pear-Cinnamon Scones (Pears, Canned)
Pineapple Trade Winds Breakfast Bread (Pineapple)
Raisin Bran Muffins With Peaches (Peaches, Canned)
Raisin Cinnamon Batter Bread (Raisins)
Rolled Wheat Biscuits (Rolled Wheat)
Rolled Wheat Muffins (Rolled Wheat)
Whole-Wheat Muffins (Whole Wheat Flour)

CEREALS

Bulgur Pilaf (Bulgur)
Fried Rice (Brown Rice)
Rice That's Nice (Apricots)
Spicy Rice (White Rice)
Tex-Mex Rice (Brown Rice)

DESSERTS

CAKES

Honey Applesauce Cake (Applesauce)
Peanut Butter Cake (Peanut Butter)
Raisin Whole-Wheat Cake (Whole-Wheat Flour)
Sugar Plum Pudding Cake (Purple Plums)

BARS AND COOKIES

Apple/Fig Oatmeal Bars (Fig Nuggets)
Apricot Oatmeal Chews (Apricots)
Blueberry Dessert Squares (Blueberries, Frozen)
Crunchy Pear-Oatmeal Health Bars (Rolled Oats)
Fig Cookie Bars (Fig Nuggets)
Lemon Pie Cookies (Lemon Juice)
Oatmeal Peanut Butter Cookies (Peanut Granules)
Oatmeal Prune Bars (Prunes)
Peanut Butter Raisin Lassies (Raisins)
Vanilla Cookies (Butter)

FRUITS, PIES AND COBBLERS

Calico Trifle (Mixed Fruit)
Fruit Parfait (Mixed Fruit)
Fruit Plum Crisp (Purple Plums)
Peanut Butter Baked Apples With Custard Sauce (Apples)
Pear-Raisin Cobbler (Pears, Canned)

PUDDINGS

Cherry Cake Pudding (Cherries)
Crunchy Topped Peach Bread Pudding (Peaches)
Maple Walnut Bread Pudding (Walnuts)
Tricky Apple Dessert (Applesauce)

MEAT/

MEAT ALTERNATES

Facts About USDA Commodities

ALMONDS, Shelled

Ingredients
Shelled almonds, U.S. 1 Grade, of the Nonpareil, California, or NePlus varieties.

Pack Size
25-pound carton

Yield
One pound of shelled whole almonds with skins will yield 3-1/8 cups of nuts.

Uses
Almonds may be used in rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods, and desserts, or be combined with raisins and granola. Use almonds for any dish that calls for peanuts or a bread crumb topping.

Storage
Store almonds in original carton in a cool, dry place. Refrigeration is recommended. Opened almonds should be tightly resealed and refrigerated or frozen. Almonds have a shelf life of 12 months at 32° F.

Nutritional Value
One ounce of shelled unblanched almonds provides 167 calories, and:

Protein	5.7 g	Iron	1.0 mg	Thiamin	0.06 mg	Sodium	3 mg
Carbohydrate	5.8 g	Vitamin A	0	Riboflavin	0.22 mg	Potassium	208 mg
Fat	14.8 g	Vitamin C	0.2 mg	Niacin	0.96 mg	Calcium	75 mg
						Phosphorus	148 mg

(Agriculture Handbook No. 8-12)

Preparation
To roast/toast:

Conventional oven: Spread almonds on a sheet pan that has been lightly coated with vegetable oil (for toasting use ungreased sheet pan). Bake at 350° F for about 10 minutes. Stir occasionally for even browning.

Convection oven: Roast at 300° F for approximately 7 minutes.
Roasting/toasting times may differ depending on quantity and almond size.
Small quantities and smaller pieces roast faster.
Almonds will continue to brown slightly after being removed from the oven.

To blanch:
Cover almonds with water and bring to a boil at high heat. Remove from heat immediately and drain. Cool to handle. Remove skin by pressing almond between thumb and finger.

To split:
Blanched almonds split more easily when warm. Insert point of paring knife at the base of the almond to split.

Recipes

CARROT ALMOND MUFFINS

Ingredients	120 Servings Weights	Measures
Eggs		20
* Oil		1-1/4 qt
* Honey		1-1/4 qt
Vanilla		1/4 cup
* Whole-wheat flour	2 lb 8 oz	2-1/2 qt
* All-purpose flour	2 lb	2 qt
Cinnamon		1/4 cup
Baking powder		5 tsp
Baking soda		5 tsp
Salt		2 tsp
Carrots, finely grated	2 lb 8 oz	2-1/2 qt
* Almonds, roasted, diced	1 lb 4 oz	5 cups
* Raisins	1 lb 4 oz	5 cups
* Honey		1-1/2 cups
* Almonds, roasted, diced		1 cup

Directions

1. Beat together eggs, oil, honey, and vanilla.
2. Combine whole-wheat and all-purpose flours, cinnamon, baking powder, baking soda, and salt.
3. Add liquid ingredients to dry ingredients. Stir until just mixed.
4. Stir in carrots, almonds, and raisins.
5. Spoon batter into greased or paper-lined 2-1/2" muffin pans until approximately 2/3 full.
6. Bake in middle of oven at 400° F for 20 minutes.

Topping:
Brush top of muffins with honey and sprinkle with almonds.

SERVING: 1 muffin provides the equivalent of 1/2 ounce of cooked lean meat (includes 0.20 ounce nuts), 1/8 cup of vegetable and fruit, and 1 serving of bread.

ALMOND VEGETABLE SAUTE

Ingredients	100 Servings Weights	Measures
Carrots, cut into julienne strips	7 lb	1-3/4 gal
* Butter	12 oz	1-1/2 cups
Zucchini, cut into julienne strips	7 lb	1-3/4 gal
* Almonds, chopped	2 lb	1-1/2 qt
MUSTARD SAUCE:		
Chicken stock		1-1/2 qt
Cornstarch		1 cup
Dijon mustard		1 cup
Basil, crumbled		1/4 cup
Salt		2 Tbsp
Pepper		1 tsp

Directions

1. Saute carrots in butter until tender crisp.
2. Toast almonds in 350° F oven until lightly browned.
3. Add zucchini and almonds. Heat through.
4. Combine chicken stock, cornstarch, mustard, basil, salt and pepper. Heat stirring constantly until thickened.
5. Fold Mustard Sauce into vegetables, remove from direct heat and keep warm until served.

SERVING: 1/2 cup provides the equivalent of 1/4 ounce of cooked lean meat (0.25 ounce nuts) and 3/8 cup of vegetables.

Tested by the Almond Board of California

* Donated by the U.S. Department of Agriculture

Note: To be counted towards the meat/meat alternate requirement in lunches or suppers in Child Nutrition Programs, any meat or meat alternate must be served in the main dish <u>or</u> in the main dish and <u>one</u> other menu item.

Facts About USDA Commodities

AMERICAN PROCESS CHEESE

Ingredients

Pasteurized American process cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized, and mixed with an emulsifier according to FDA's Standard of Identity.

Pack Size

Six 5-pound loaves

Yield

One pound of cheese yields 16 1-ounce servings.

Uses

Serve as is, in sandwiches, with fruit, and in cooked dishes such as sauces, casseroles, or breads; or as a garnish for salads or other foods.

Storage

Refrigerate cheese in the original container until ready to use. Cheese may be stored for at least 1 year at a constant 32° F in its original pack.

Freezing cheese is not recommended because the texture changes, causing stringiness and crumbling. If necessary to freeze, however, separate the cheese into individual 5-pound loaves in order to freeze quickly. Freeze for only a few months. Thaw slowly by putting the cheese directly into the refrigerator from the freezer. Thaw in the original wrappings.

If the original wrap is removed, rewrap cheese tightly with plastic film wrap without airpockets. When cheese is exposed to air, molding and dehydration may occur.

Always reseal and return remaining cheese to the original box to keep pressure on the surface. You may keep well-wrapped cheese at 30° to 35° F for 3 to 4 weeks.

Nutritional Value

One ounce of American process cheese provides 106 calories, and:

Protein	6.3 g	Iron	0.1 mg	Thiamin	0.01 mg	Sodium	406 mg
Carbohydrate	0.4 g	Vitamin A	343 IU	Riboflavin	0.10 mg	Potassium	46 mg
Fat	8.9 g	Vitamin C	0	Niacin	0.02 mg	Calcium	174 mg
						Phosphorus	211 mg

(Agriculture Handbook No. 8-1)

Preparation

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good slicing and melting properties.
Loaves of cheese can be easily sliced with a meat slicer or wire cutter.
Cheese shreds more easily and consistently immediately after removal from refrigeration. Once frozen, cheese is best used shredded or diced.
Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

Recipes

SPINACH AND CHEESE

Ingredients	100 Servings Weights	100 Servings Measures	Directions
Spinach		5 No. 10 cans	1. Drain spinach and place in 2 pans (12"x20"x2-1/2"). Add salt and pepper and heat slightly.
Salt		1 Tbsp 2 tsp	2. Add milk and butter.
Pepper		1 Tbsp 2 tsp	3. Cut strips of cheese to cover spinach.
* Butter		1 cup	4. Put in oven at 350° F until brown.
* Milk, nonfat dry, reconstituted		1-1/4 qt	
* Cheese	5 lb		

SERVING: 1/2 cup provides 3/4 ounce of cheese and 1/4 cup of vegetable.

PIZZABURGER

Ingredients	100 Servings Weights	100 Servings Measures	Directions
* Cheese, grated	3 lb 2 oz		1. Brown and drain beef. Mix beef with pizza sauce. Refrigerate overnight in stainless steel pan to blend flavor of spices.
* Ground beef	12 lb 14 oz		2. Arrange opened rolls 4x6 on greased sheet pan (18"x26"x1-1/8").
Pizza sauce		1 gal 2 qt	3. Portion meat sauce with No. 16 scoop (1/4 cup). Divide each scoop of meat between top and bottom of a roll. Spread over bun. Top with 1/4 oz cheese on each half. Bake at 375° F for 9 to 10 minutes. Serve as open or closed sandwiches.
Hamburger rolls		100	VARIATION: Add raw onion, green pepper, mushrooms, anchovy, and/or oregano.

SERVING: One sandwich provides the equivalent of 2 ounces of meat, 1/8 cup of vegetable, and 1-1/2 servings of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

BEEF with Natural Juices, Canned

Ingredients
Beef with up to 1 percent salt added for flavor.

Pack Size
24 29-ounce cans per case

Yield
One 29 ounce can provides 14.7 1-ounce servings of heated meat.

Uses
This product is thoroughly cooked during processing and may be used as is or be heated and used in main dishes such as salads, sandwiches, barbecued beef, pizza, spaghetti sauce, and casseroles. Substitute canned beef for ground beef, beef cubes, or similar meats in recipes.

Storage
Store unopened cans off the floor in a cool, dry place.
Store opened beef covered in the refrigerator and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	60	36	18

Nutritional Value
One ounce of canned beef provides 64 calories, and:

Protein	7.1 g	Iron	0.7 mg	Thiamin	0.01 mg	Sodium	105 mg
Carbohydrate	0	Vitamin A	11 IU	Riboflavin	0.07 mg	Potassium	73 mg
Fat	3.7 g	Vitamin C	0	Niacin	1.19 mg	Calcium	5 mg
						Phosphorus	33 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation
Canned beef may be chopped, cubed, ground, or sliced and used in recipes. When sliced the beef can be served cold, or be heated and served hot.

Place canned beef in refrigerator overnight before opening and slicing.

Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the beef through with the bottom lid.

Chilling meat makes it easier to remove the fat from the meat. The natural juices from the beef can be used for part of the liquid required by many main dish and soup recipes.

Recipes

BEEF STEW

Ingredients	100 Servings Weights	Measures
Canned beef and vegetable liquid		2 gal
Celery, sliced	2 lb 14 oz	3 qt
Beef soup base	4-1/4 oz	1/2 cup 1 Tbsp
* All-purpose flour	1 lb 2 oz	1 qt
Pepper		2 tsp
Dehydrated onion	4 oz	1 cup
Dried minced garlic		1/2 tsp
* Canned beef with natural juices, drained	14 lb 10 oz	13-3/4 29-oz cans
Canned peas and carrots, drained	11 lb 3 oz	1 gal 3-3/4 qt
Canned potatoes, drained, cut into large pieces	6 lb 8 oz	1 gal 1 cup

Directions

1. Reserve 1 qt liquid. Bring remaining liquid to a boil. Add celery and soup base and cook 12 minutes.
2. Combine flour and pepper. Add reserved liquid, stirring to a smooth paste. Add to hot soup base, stirring constantly until thickened.
3. Add onion and garlic.
4. Add beef, peas and carrots, and potatoes. Reheat.

SERVING: 3/4 cup provides 2 ounces of cooked lean meat and 1/2 cup of vegetable.

CHILI CON CARNE WITH BEANS

Ingredients	100 Servings Weights	Measures
Canned tomato puree	9 lb	1 gal
Canned beef and kidney bean liquids		2 qt
Dehydrated onion	2 oz	1/2 cup
* All-purpose flour	4 oz	7/8 cup
Kidney bean liquid		1 cup
* Canned kidney beans, drained	10 lb 6 oz	1 gal 2-1/2 qt
Chili powder		2/3 cup
Salt		1 Tbsp
* Canned beef with natural juices, drained	7 lb 12 oz	7-1/4 29-oz cans

Directions

1. Combine puree, 2 qt liquid, and onion. Heat.
2. Make a paste of flour and 1 cup liquid; add to puree mixture, stirring constantly, until thickened.
3. Add beans and seasonings. Cover and cook about 1 hour until flavors are well blended and mixture is thickened, stirring occasionally to prevent sticking.
4. Cut drained canned beef in small pieces.
5. Add beef. Reheat.

SERVING: 1/2 cup provides the equivalent of 2 ounces of cooked lean meat and 1/4 cup of vegetable.

Tested by the U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

BEEF ROAST, Frozen, Ready to Cook

Ingredients
Boneless chuck roll roasts, top round roasts, and round tip roasts. U.S. Choice grade or higher.

Pack Size
Frozen roasts, 5 to 12 pounds each. Only one type per 48 to 60 pound container.

Yield
One pound of raw boneless beef roast provides 9.6 1-ounce servings of cooked beef.

Uses
After roasting, serve boneless beef roasts as an entree. Portion and serve with natural juices.

Slice thin for hot or cold roast beef sandwiches.
Cube beef and use in stews, marinated salads, or stir fry entrees.
Use in any recipe specifying cooked beef.

Storage
Store frozen roasts in original shipping containers, off the floor at 0° F or below in freezer.

Use within 12 months of pack date.
Hold thawed beef roasts for no longer than 24 hours before cooking.
Cooked beef roasts should be refrigerated and used within 5 days.

Nutritional Value
A 1-ounce serving of cooked roast beef (27% fat) provides 73 calories and:

Protein	7 g	Iron	0.9 mg	Thiamin	0.01 mg	Sodium	12 mg
Carbohydrate	0	Vitamin A	16 IU	Riboflavin	0.15 mg	Potassium	55 mg
Fat	8.6 g	Vitamin C	--	Niacin	1.1 mg	Calcium	3 mg
						Phosphorus	34 mg

(Agriculture Handbook No. 456)

Preparation
Boneless beef roasts may be cooked after thawing or from the frozen state. Cooking roasts from the frozen state eliminates thawing and unnecessary handling but requires additional cooking time.

HANDLE BEEF ROASTS PROPERLY
TO AVOID SPOILAGE OR FOOD POISONING

To Thaw:
Remove packages of beef roasts from shipping containers and place them in single layers on sheet pans or trays spaced on shelves to allow air to circulate in refrigerator at 36°-45° F. Allow 1 to 2 days to thaw completely. Thaw only amount needed for one day's use. Avoid leftovers.

Cook beef roasts within 24 hours after thawing.

DO NOT THAW AT ROOM TEMPERATURE OR IN WATER
AND DO NOT REFREEZE

Directions for Roasting:
Place roasts fat side up in roasting pan. Do not cover or add water. Insert thermometer in center part of roast away from bone. (If cooked from the frozen state, roast for one hour, then insert thermometer.)

Roast at 300° F in a conventional oven. Cook to an internal temperature of 150° F.

Length of time for cooking varies due to size, weight, shape, and composition of meat cuts used. In general, thawed cuts of meat require 28 minutes per pound; frozen cuts require 32 minutes per pound.

Cool 20-30 minutes before serving.

Institutions that desire a more "well done" meat should cook roasts to a higher internal temperature than 150° F. Longer cooking time results in lower yields and drier, less juicy meat.

Facts About USDA Commodities

BLACKEYE PEAS or BEANS,

Dry and Canned

Ingredients

Seeds of blackeye peas, dried, or blackeye beans packed in brine, canned

Pack Size

25-pound bag, or
6 No. 10 cans per case

Yield

One pound of dry blackeye beans yields 28.3 1/4-cup servings cooked beans. One No. 10 can blackeye beans (105 oz) yields 43 1/4-cup servings heated drained beans. One can equals approximately 72 oz (11-3/8 cups) drained beans.

Uses

Blackeyes may be used in bean salads, soups, chili, entrees, or as a side dish. They go well with pork or chicken. Canned blackeyes are ready for immediate use.

Storage

Store dry and canned blackeyes off the floor in a cool, dry place. High temperatures cause hardening of dry blackeyes; high humidity may cause molding. Cooked blackeyes may be refrigerated up to 2 days in a covered nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf in months			
Dry	24	12	9
Canned	72	36	18

Nutritional Value

A 1/4-cup serving of cooked, drained, dry blackeyes with no added salt provides 48 calories, and:

Protein	3.2 g	Iron	0.8 mg	Thiamin	0.10 mg	Sodium	5 mg
Carbohydrate	8.6 g	Vitamin A	8 IU	Riboflavin	0.02 mg	Potassium	143 mg
Fat	0.2 g	Vitamin C	--	Niacin	0.25 mg	Calcium	11 mg
						Phosphorus	60 mg

(Agriculture Handbook No. 456)

Preparation

Dry beans: Wash beans in cold water. Soaking shortens cooking time and insures that the beans will hold their shape.

Soaking Tips: Quick soak: To 1 pound of dry beans add 6 to 8 cups of hot water. Heat, let boil 2 minutes; cover and set aside for an hour before cooking.

Regular soak: To 1 pound of dry beans add 6 cups cold water. Let stand overnight or for several hours in a cool place.

Cooking Tips: Simmer beans slowly. Excessive stirring or cooling too fast can break skins. A tablespoon of oil prevents foaming. Acid slows down cooking. Add tomatoes, vinegar, etc. last.

Recipes

BLACKEYE APPETIZER SALAD

Ingredients	64 Servings Weights	Measures
Savory Cooked Beans:		
* Blackeye beans, dry	4 lb	
Salt		3 Tbsp
Cold water		1-1/2 gal
Hot water		1-1/2 qt
* Oil, butter, or margarine		1/4 cup
Chicken soup base		1/4 cup
Onion salt		3 Tbsp
Salt		2 tsp
Garlic powder		1 tsp
White pepper		1 tsp
Salad:		
* Blackeyes, well drained (recipe above)		1-1/2 gal
Thinly sliced celery	1 lb	1 qt
Sliced green onion	8 oz	2 cups
Chopped parsley	4 oz	1 cup
Shredded carrots		1 cup
French dressing (recipe below)		2-1/2 cups
Salt and pepper		As needed
French Dressing: (Yield about 2-1/2 cups)		
* Oil		2 cups
Vinegar		1/2 cup
Salt		2 tsp
Freshly ground black pepper		1 tsp
Dry mustard		1 tsp
Paprika		1/2 tsp

Directions

1. Combine beans, salt, and cold water and let soak overnight or for several hours.
2. Drain soaked beans and add hot water, oil, chicken soup base, onion salt, salt, garlic powder, and white pepper. Bring to boil; reduce heat and simmer until beans are tender but not broken down, about 10 to 15 minutes. Watch carefully not to overcook.
3. Blend all ingredients for French Dressing.
4. To prepare salad, drain blackeye beans well (save cooking liquid for use in soup if desired). Combine beans with celery, green onions, parsley, shredded carrots, and French Dressing. Toss gently and season with a little additional salt and pepper to taste. Chill until ready to serve.

Note: The salad has more flavor if the dressing is added while the beans are drained but still warm.

SERVING: 1/2 cup provides 3/8 cup of cooked dry beans and 1/8 cup of vegetable.

BLACKEYE CHILI BEANS

Ingredients	100 Servings Weights	Measures
* Blackeye beans, dry	6 lb 2 oz	
Hot water		2 gal 1 qt
Salt		1/4 cup
* Ground beef or turkey	8 lb 2 oz	
Onions, chopped	9 lb	1 gal 2 cups
Celery, chopped	5 lb 8 oz	1 gal 1 qt
Salt		1/4 cup
Pepper		2 tsp
Garlic powder		1 Tbsp
Chili powder		3/4 cup
Tomato puree		1 gal 2 cups

Directions

1. Rinse beans, add hot water and salt; soak overnight; do not drain.
2. Brown meat, add onions and celery, and cook slightly.
3. Add seasonings, tomato puree, beans, and bean soaking liquid (about 1 gal 2 cups).
4. Cook, simmering about 1 hour or until chili is thick and beans are tender.

SERVING: 1/2 cup provides the equivalent of 2-1/2 ounces of cooked lean meat and 1/2 cup of vegetable.

Tested by the California Dry Bean Advisory Board

* Donated by the U.S. Department of Agriculture

BLACK EYE PEAS

Facts About USDA Commodities

CATFISH, Frozen, Pan Ready (With Backbone)

Ingredients

Freshwater, farm-raised catfish -- white and blue. The catfish is headed, eviscerated, and skinned with the dorsal spine removed. The backbone with bones attached still remains.

Pack Size

30-pound carton containing catfish in three weight ranges: 9 to 11, 11 to 13, and 13 to 15 ounces. Each carton contains only one weight range which is designated on the carton label.

Uses

Serve catfish fried, baked, broiled, poached, or flaked. Use in any recipe calling for white, non-oily fish. Catfish is often used as a substitute for chicken.

Storage

FROZEN FISH MUST BE STORED AND HANDLED PROPERLY TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

Store catfish hard-frozen in original container off the floor at 0° F or below, in the freezer. Shelf-life for frozen catfish is 6 months. For thawed fish, keep refrigerated (35° to 40° F) and use within 24 hours.

Nutritional Value

One ounce of raw freshwater catfish provides 29 calories, and:

Protein	5.0 g	Iron	0.1 mg	Thiamin	0.01 mg	Sodium	17 mg
Carbohydrate	0	Vitamin A	--	Riboflavin	0.01 mg	Potassium	94 mg
Fat	0.9 g	Vitamin C	--	Niacin	0.48 mg	Calcium	--
						Phosphorus	--

(Agriculture Handbook No. 8)

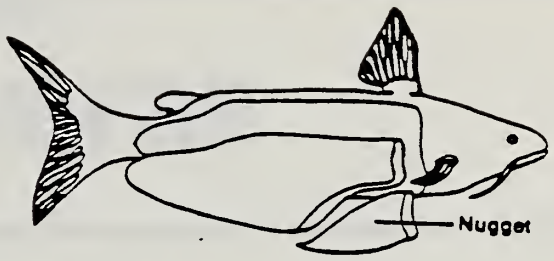
Preparation

Thawing:

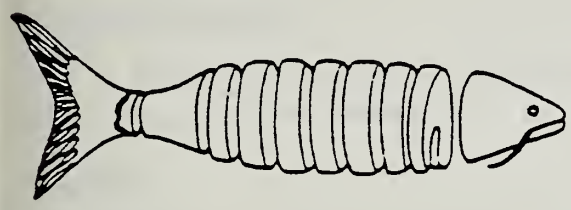
- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Remove individual fish from the carton and place them on a tray in the refrigerator to thaw.
- Thaw in refrigerator (35° to 45° F) overnight on sheet pans.
- If accidentally thawed, cook promptly.
- Do not thaw at room temperature or in water. Do not refreeze.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly.

Cook the fish only until the flesh becomes opaque, flakes easily, and is moist. Overcooking and high cooking temperature cause the fish to become tough and dry and lose flavor.

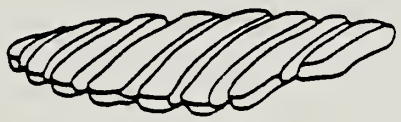
Dressed catfish are headed, eviscerated and skinned.



FILLETS are the boned sides of the fish, cut lengthwise away from the backbone.



CATFISH STEAKS are cross-section cuts from larger dressed fish.



STRIPS are smaller pieces of fish cut from fillets.

Recipes

CORNY CATFISH

Ingredients	24 Servings Weights	Measures	Directions
* Catfish or other pan-dressed fish	8-12 lb		1. Combine crumbs, salt, and pepper.
Cornflake crumbs		1 qt	2. Dip fish in milk, then roll in crumb mixture.
Salt		2 tsp	
Pepper		1/2 tsp	3. Bake in 375° F oven for about 20 minutes or until done.
Evaporated milk		1 pt	

CATFISH SWAMP GRAVY

Ingredients	24 Servings Weights	Measures	Directions
* Salad oil		3/4 cup	1. Cook cornmeal, potatoes, and onion in salad oil until tender.
* Cornmeal		1-1/2 Tbsp	
Frozen hash browns, thawed		4-1/2 cups	2. Add tomatoes, juice, salt, and pepper. Cook, stirring frequently, until thickened.
Onion, diced		1-1/2 cups	
* Canned tomatoes		4 cups	
Tomato juice		1-1/2 cups	3. Spread mixture on plate; place pan-fried catfish on top. Garnish with parsley and black olives.
Salt		1-1/2 tsp	
Pepper		1-1/2 tsp	

Tested by the National Fisheries Institute

* Donated by the U.S. Department of Agriculture

CATFISH, PAN READY

Facts About USDA Commodities

CHEDDAR CHEESE

Ingredients

Cow's milk with salt. Enzymes and artificial coloring may be added.

Pack Size

40-pound block

Yield

One pound of cheese yields 16 1-ounce servings.

Uses

Serve cheddar cheese as is with fruit, in sandwiches, and as a garnish for salads or other foods; or use in cooked dishes such as sauces, combination dishes, or breads.

Storage

Refrigerate cheese in the original container off the floor until ready to use. Cheese may be stored at least 1 year, at a constant 32° F in the original pack. Once exposed to air, dehydration and molding may take place.
If the cheese molds, slice the mold away from the block and rewrap the cheese in new plastic film. To protect cheese from mold, always work with it in a clean area. Wrap it tightly without air pockets and tape end-folds to seal. Return cheese to original box to keep pressure on the surface.

Well-wrapped cut cheese may be kept at 30° to 35° F for 3 to 4 weeks without molding.

Freezing cheese is not recommended because the texture changes, causing stringiness and crumbling. If necessary to freeze, however, separate the cheese into individual 5-pound loaves in order to freeze quickly. Freeze for only a few months. Thaw slowly by putting the cheese directly into the refrigerator from the freezer. Thaw in the original wrappings.

Nutritional Value

One ounce of cheese provides 114 calories, and:

Protein	7.1 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	176 mg
Carbohydrate	0.4 g	Vitamin A	300 IU	Riboflavin	0.11 mg	Potassium	28 mg
Fat	9.4 g	Vitamin C	0	Niacin	0.02 mg	Calcium	204 mg
						Phosphorus	145 mg

(Agriculture Handbook No. 8-1)

Preparation

To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70° to 80° F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife.

Previously frozen cheese should only be shredded or diced. Cook all dishes containing cheese at low temperatures. Cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.

Recipes

TACO POTATO BOATS

Ingredients	96 Servings Weights	Measures	Directions
* Frozen ground pork, thawed	24 lb		1. Cook pork with onions, chilies, salt and garlic powder.
Onions, chopped		3 qt	2. Split potatoes into halves lengthwise. For each serving, portion 1/2 cup hot pork mixture onto each fluffed potato half.
Canned green chilies, diced		1-1/2 qt	2. Garnish with lettuce, cheese, and chips, allowing 2 tablespoons lettuce, 1 tablespoon of cheese, and 1 tablespoon chips per serving.
Salt		As needed	
Garlic powder		2 Tbsp	
* Hot baked potatoes		48 (7 oz each)	
Lettuce, shredded		3 qt	
* Cheddar cheese, shredded		1-1/2 qt	
Corn chips, crushed		1-1/2 qt	

SERVING: One potato boat with 1/2 cup pork mixture and cheese provides the equivalent of 3 ounces of cooked lean meat and 3/4 cup of vegetable.

Tested by the Potato Board

WIENER ENCHILADAS

Ingredients	100 Servings Weights	Measures	Directions
Tortillas (30 grams)		100	1. Dip tortillas in hot fat (375° F) just long enough to soften (3 to 5 seconds).
All-beef franks		100 (8 per lb.)	2. Drain. Roll a tortilla around each wiener or frank.
Instant minced onion		1/2 cup	3. Place in greased baking pans (12"x20"), lapped side down (20 enchiladas per pan).
Water		1/2 cup	4. Rehydrate onion in water; drain and combine with tomato puree, chili powder, and salt. Pour sauce over wiener enchiladas in pan.
Tomato puree		2 No. 10 cans	5. Bake in preheated 350° F oven for 30 minutes.
Chili powder		1/4 cup	6. Shred cheese. Sprinkle over enchiladas after baking.
Salt		1/8 cup	
* Cheddar cheese	1-1/4 lb		

SERVING: One enchilada provides the equivalent of 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CATFISH STEAKS, Frozen

Ingredients

Freshwater catfish, headless, gutted, skinned; of the channel, white, or blue varieties; cut into steaks approximately 3/4 inches thick and weighing not less than 1-1/2 ounces. Except for tail pieces, the only bone is a cross-section of the backbone. Tail pieces are not deboned, but all tail fins are removed.

Pack Size

30-pound carton

Yield

One pound frozen catfish steaks yields 7 1-1/2-ounce servings of cooked fish.

Uses

Catfish can be fried, baked, broiled, poached, or flaked and can be used in any recipe calling for white non-oily fish. Catfish is often used as a substitute for chicken.

Storage

FROZEN FISH MUST BE STORED AND HANDLED PROPERLY TO AVOID SPOILAGE AND SERIOUS FOOD POISONING.

Store catfish hard-frozen in original container off the floor in freezer at 0° F or below. Shelf-life for frozen catfish is 6 months. For thawed fish, keep refrigerated (35° to 40° F) and use within 24 hours.

Nutritional Value

One and one-half ounces of raw freshwater catfish provides 44 calories, and:

Protein	7.5 g	Iron	0.2 mg	Thiamin	0.02 mg	Sodium	26 mg
Carbohydrate	0	Vitamin A	--	Riboflavin	0.01 mg	Potassium	140 mg
Fat	1.3 g	Vitamin C	--	Niacin	0.72 mg	Calcium	--
						Phosphorus	--

(Agriculture Handbook No. 8)

Preparation

Thawing:

- Thaw only amount needed for 1 day's use. Avoid leftovers.
- Remove individual fish from the carton and place them on a tray in the refrigerator to thaw.
- Thaw in refrigerator (36° to 40° F) overnight on sheet pans.
- If accidentally thawed, cook promptly.
- Do not thaw at room temperature or in water. Do not refreeze.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly.

Cook the fish only until the flesh becomes opaque, flakes easily, and is moist. Overcooking and high temperatures cause the fish to become tough and dry and to lose flavor.

Recipes

SOUTHERN BAKED CATFISH STEAKS

Ingredients	50 Servings Weights	Measures
* Catfish steaks, frozen	9 lb 6 oz	
* Melted fat or oil	2 lb	1 qt
Orange juice	1 lb 8 oz	3 cups
Grated orange rind	3 oz	1 cup
Salt	3 oz	1/3 cup
Nutmeg	1/2 oz	2 Tbsp

Directions

1. Divide fish into portions. Place in a single layer in well-greased baking pans.
2. Combine remaining ingredients. Blend thoroughly.
3. Cover fish with sauce.
4. Bake at 350° F (moderate oven) about 20 to 25 minutes or until fish flakes easily with a fork.

SERVING: Two 1-1/2-ounce portions (raw) provide about 2 ounces of cooked fish.

CHINESE FRIED CATFISH STEAKS

Ingredients	50 Servings Weights	Measures
* Catfish steaks, frozen	9 lb 6 oz	
Cornstarch	1 lb 11 oz	1-1/2 qt
Salt		2 tsp
Water		1 qt
Apple juice	6 lb 9 oz	3 qt
Vinegar		1 qt
Sugar	2 lb 3 oz	1-1/4 qt
* Catsup	1 lb 3-1/2 oz	2 cups
* Melted fat or oil	8 oz	1 cup
Soy sauce	2-1/4 oz	1/4 cup
Carrots, sliced diagonally	2 lb 8 oz	2 qt
Green pepper, cubed	1 lb 5 oz	1 qt
Green onions, sliced diagonally, and tops	6 oz	2 cups
Cornstarch	9 oz	2 cups
Apple juice	1 lb 1-1/2 oz	2 cups

Directions

1. Divide fish into portions.
2. Combine cornstarch, salt, and water. Dip fish in cornstarch mixture.
3. Place in a single layer in frying basket. Fry in deep fat, 350° F, 3 to 4 minutes or until fish is browned and flakes easily with a fork.
4. Drain on absorbent paper.
5. Combine apple juice, vinegar, sugar, catsup, oil, and soy sauce. Bring to the boiling point.
6. Add carrots and cook 15 minutes.
7. Add green pepper and onion; cook 5 minutes longer.
8. Combine cornstarch and apple juice. Add gradually to the hot sauce and cook, stirring constantly, until thickened.
9. Serve over catfish steaks using a 4-oz ladle (1/2 cup) to measure portions.

SERVING: Two 1-1/2-ounce portions (raw) plus 1/2 cup sauce provide 2 ounces of cooked fish and 1/2 cup of vegetable.

Tested by the U.S. Department of Commerce

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CHICKEN, Canned

Ingredients
Not less than 89 percent chicken; not more than 10 percent chicken broth; up to 1 percent salt added for flavor.

Pack Size
24 29-ounce cans per case

Yield
One 29-ounce can will provide 20.8 1-ounce servings of heated chicken.

Uses
This product is fully cooked during processing and may be used as is in salads and sandwiches; or be heated in broth or creamed; or be used in main dishes such as soups, pies, and casseroles.

Storage
Store unopened cans off the floor in a cool, dry place at 32° to 60° F. Store opened chicken covered, in a nonmetallic container, in the refrigerator and use within 5 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	60	36	18

Nutritional Value
One ounce of canned chicken provides 47 calories, and:

Protein	6.2 g	Iron	0.5 mg	Thiamin	0.01 mg	Sodium	143 mg
Carbohydrate	0	Vitamin A	33 IU	Riboflavin	0.04 mg	Potassium	39 mg
Fat	2.3 g	Vitamin C	0.6 mg	Niacin	1.79 mg	Calcium	4 mg
						Phosphorus	--

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation
Place canned chicken in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. The chicken is best cut across the grain and handled as little as possible to prevent it from becoming stringy.

Use the natural juices from the chicken for part of the liquid in many main dish and soup recipes.

Recipes

CHICKEN SALAD

Ingredients	100 Servings Weights	Measures	Directions
* Chicken, chopped	11 lb	8 29-oz cans	1. Drain chicken overnight.
Mayonnaise		1 qt 1 cup	2. Chop or dice the chicken.
Celery, chopped	3 lb 3 oz		3. Mix with other ingredients. After mixing return to refrigerator until just before serving.
Sweet relish, drained	2 lb 9 oz		4. Place a No. 10 scoop of salad on lettuce leaf.
Eggs, hard-cooked, chopped		24	
Salt	1 oz		

SERVING: 3/8 cup (No. 10 scoop) provides the equivalent of 2 ounces of cooked lean meat.

CHICKEN CROQUETTES

Ingredients	100 Servings Weights	Measures	Directions
* Chicken, canned	8 lb	6 29-oz cans	1. Drain chicken well.
Eggs, beaten		16	2. Combine chicken, eggs, soft bread crumbs, rolled wheat, mayonnaise, parsley, milk, sage, salt, and pepper in a large bowl. Mix lightly until blended.
Bread crumbs, soft		1/2 gal	
* Rolled wheat		1/2 gal	
Mayonnaise		1 qt	3. With a No. 16 scoop (1/4 cup), portion croquettes.
Parsley, chopped		1/2 cup	4. Bake on sheet pans at 400° F for 15 to 20 minutes or until thoroughly heated.
* Nonfat dry milk, reconstituted		1 qt	
Salt		2 Tbsp	
Pepper		1 tsp	
Sage		2 Tbsp	
* Butter or margarine	1 lb	2 cups	

SERVING: One croquette provides the equivalent of 1 ounce of cooked lean meat.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CHICKEN, Cut-Up, Frozen

Ingredients

Chicken parts from broilers or fryers cut into 8 or 9 pieces. Weight of chickens is 2-1/2 to 3-1/4 pounds without neck and giblets. Wings may be replaced with other parts.

Pack Size

40-pound carton with parts packed in three layers or bags.

Uses

Chicken may be baked or oven-fried, broiled, barbecued, or simmered. It can complement or be garnished with a wide variety of other foods.

Storage

Store chicken hard-frozen in original shipping container off the floor at 0° F or below in freezer. Use within 8 months for best quality.

Nutritional Value

One 3.9 ounce (raw weight) roasted chicken breast (2.4 ounces cooked meat and skin) without added salt provides 134 calories, and:

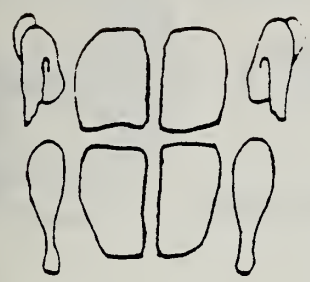
Protein	20.3 g	Iron	0.7 mg	Thiamin	0.04 mg	Sodium	48 mg
Carbohydrate	0	Vitamin A	63 IU	Riboflavin	0.08 mg	Potassium	167 mg
Fat	5.3 g	Vitamin C	0	Niacin	8.65 mg	Calcium	10 mg
						Phosphorus	146 mg

(Agriculture Handbook No. 8-5)

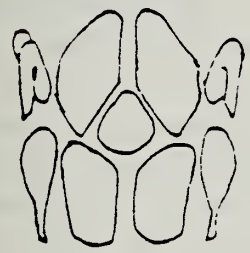
Preparation

FROZEN, CUT-UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (36° to 45° F) overnight on sheet pans.
- If accidentally thawed, cook promptly.
- Do not thaw at room temperature or in water. Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.



8-piece cut: Approximately 83 pieces per carton. Each chicken is cut into these pieces:	Per Piece (Approx.) Raw Weight	Cooked Yield*
2 breast portions w/back section	7.5 oz.	4.1 oz.
2 thighs w/back section	7.3 oz.	3.1 oz.
2 drumsticks	3.7 oz.	1.8 oz.
2 wings	3.1 oz.	1.1 oz.



9-piece cut: Approximately 97 pieces per carton. Each chicken is cut into these pieces:	Per Piece (Approx.) Raw Weight	Cooked Yield*
2 breast portions w/back section	5.9 oz.	2.8 oz.
2 thighs w/back section	7.3 oz.	3.1 oz.
1 breast portion without back section	3.9 oz.	2.4 oz.
2 drumsticks	3.7 oz.	1.8 oz.
2 wings	3.1 oz.	1.1 oz.

* Cooked yield includes meat and skin.

Recipe

EASY OVEN-GLAZED CHICKEN

Ingredients	100 Servings Weights	Measures	Directions
* Chicken breast halves or thighs	.....	100 pieces	1. Thaw frozen chicken. Wash and dry chicken parts. 2. Place in a single layer in shallow baking pans.
Dark brown sugar	14 oz	2 cups	3. Sprinkle chicken with brown sugar.
Orange juice concentrate, undiluted	.....	64 fl oz	4. Mix orange juice concentrate with apple juice; pour over chicken.
Apple juice	.....	32 fl oz	5. Bake 1 to 1-1/2 hours at 350° F (moderate oven) or until a fork can be inserted in chicken with ease. Baste frequently.

VARIATIONS: Chicken drumsticks and wings may be used in addition to, or instead of, breast halves and thighs. Cooking time will be somewhat less.

SERVING: One chicken breast half or one chicken thigh provides 2 ounces or more cooked poultry and 1/8 cup of fruit.

Tested by the National Broiler Council

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CHICKEN NUGGETS, Fried, Frozen

Ingredients

Light and dark meat and skin, water, isolated soy protein, salt, and sodium phosphates. This mixture is ground, formed into nugget-shaped patties, and breaded. Batter/breading consists of enriched flour, salt, spices, and other seasonings and is limited to 23 percent or less of the finished product. Each nugget weighs approximately 0.75 ounces. After they are fried in oil, the nuggets are frozen for shipment.

Pack Size

40-pound case with approximately 852 nuggets (142 2-ounce servings)

Yield

Six nuggets provide the equivalent of a 2-ounce serving of cooked poultry and 1-1/4 servings of bread.

Uses

Nuggets are ready to heat and serve either plain or with a sauce.

Storage

Store nuggets hard-frozen in original shipping containers off the floor at 0° F or below. Refrigerate cooked nuggets and use within 2 days.

Nutritional Value

Six 0.75 ounce nuggets, unheated, provide 355 calories, and:

Protein	19.6 g	Iron	1.4 mg	Thiamin	0.19 mg	Sodium	714 mg
Carbohydrate	16.1 g	Vitamin A	119 IU	Riboflavin	0.17 mg	Potassium	345 mg
Fat	23.2 g	Vitamin C	0	Niacin	8.80 mg	Calcium	13 mg
						Phosphorus	287 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation

FROZEN FRIED CHICKEN NUGGETS MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING. NUGGETS SHOULD NOT BE THAWED BEFORE HEATING. If nuggets accidentally thaw, cook immediately. Do not refreeze.

Place frozen nuggets in single layers on sheet pans. Heating temperature and time are critical to product acceptability. Heat thoroughly in a conventional oven 8 to 12 minutes at 400° F or in a convection oven 6 to 10 minutes at 375° F. Serve promptly.

Serve chicken nuggets with any of the following:

Tartar sauce	Mustard	Mayonnaise
Relish	Catsup	

Saucy ideas to complement the chicken nuggets include a sweet and sour sauce, spicy barbecue sauce, sesame and soy sauce, honey and orange sauce, dill mayonnaise sauce, or cheese sauce.

Recipes

SWEET AND SOUR SAUCE

Ingredients	1/2 Gallon Weights	1/2 Gallon Measures	1 Gallon Weights	1 Gallon Measures
Chicken stock		3-1/4 cups		1 qt 2-1/2 cups
Vinegar		1 cup		2 cups
Brown sugar, packed	4 oz	1/2 cup 1 Tbsp	8 oz	1 cup 2 Tbsp
Soy sauce		1/2 cup		1 cup
* Tomato paste	4-3/4 oz	1/2 cup	9-1/4 oz	1 cup
Pineapple juice		2-1/2 cups		1-1/4 qt
Cornstarch	3 oz	1/2 cup 3 Tbsp	6 oz	1-1/4 cups 2 Tbsp
Water		1/2 cup		1 cup

Directions:
1. Combine stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice. Bring to a boil. Reduce heat to simmer.
2. Combine cornstarch and water. Mix well until smooth.
3. Add to hot liquid. Stir well and cook over medium heat until thickened, 6-8 minutes.

SERVING: Approximately 1 fluid ounce (2 Tablespoons).

YIELD: 1/2 Gallon: about 64 1-oz servings
1 Gallon: about 128 1-oz servings

Tested by the U.S. Department of Agriculture

BARBECUE SAUCE

Ingredients	1 Quart Weights	1 Quart Measures	1 Gallon Weights	1 Gallon Measures
Chicken broth		1/2 cup 2 Tbsp		2-1/2 cups
Fresh onions, chopped		1/4 cup	6 oz	1 cup
* Catsup	1 lb 13 oz	3 cups	7 lb 3 oz	1 No. 10 can
Garlic powder		1/2 tsp		2 tsp
Brown sugar, packed	6 oz	3/4 cup	1 lb 8 oz	3/4 cups

Directions:
1. Simmer the chicken broth and onions over medium heat for 5 minutes.
2. Add remaining ingredients and simmer 15 to 20 minutes, stirring frequently.

SERVING: Approximately 1 fluid ounce (2 Tablespoons).

YIELD: 1 Quart: about 32 1-oz servings
1 Gallon: about 128 1-oz servings

Tested by the U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

CHICKEN NUGGETS

Facts About USDA Commodities

CHICKEN THIGHS and DRUMSTICKS, Frozen

Ingredients

Thighs and drumsticks from young broiler/fryer chickens, U.S. Grade A.

Pack Size

40-pound carton containing approximately 82 thighs and 82 drumsticks

Yield

Thighs weigh between 3.0 and 5.8 ounces with average about 4.0 ounces. One 4.0-oz thigh yields about 2.1 ounces of cooked poultry.
Drumsticks weigh between 2.3 and 4.5 ounces with average about 3.7 ounces. One 3.7-oz drumstick yields about 1.8 ounces of cooked poultry.

Uses

Chicken may be baked or oven-fried, broiled, barbecued, or simmered. Chicken can complement or be garnished with a wide variety of other foods.

Storage

Store chicken hard-frozen in original shipping containers off the floor at 0° F or below in freezer. Use within 8 months for best quality.

Nutritional Value

One thigh (2.1 ounces edible portion) roasted with no added salt provides 147 calories, and:

Protein	14.9 g	Iron	0.8 mg	Thiamin	0.04 mg	Sodium	50 mg
Carbohydrate	0	Vitamin A	98 IU	Riboflavin	0.13 mg	Potassium	132 mg
Fat	9.2 g	Vitamin C	0	Niacin	3.79 mg	Calcium	7 mg
						Phosphorus	104 mg

(Agriculture Handbook No. 8-5)

Preparation

FROZEN, CUT-UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (36° to 45° F) overnight on sheet pans.
- If accidentally thawed, cook promptly.
- Do not thaw at room temperature or in water. Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.

Recipe

CHICKEN JAMBALAYA

Ingredients	100 Servings Weights	Measures
* Chicken drumsticks or	23 lb 4 oz	100 pieces
chicken thighs	28 lb	100 pieces
Salt		To taste
Ground black pepper		To taste
* Uncooked rice	6 lb 8 oz	1 gal
Celery, chopped	4 lb 4 oz	1 gal
Green onions, including tops, chopped	1 lb 12 oz	2 qt
Green peppers, chopped	5 lb 4 oz	1 gal
Garlic salt		3 Tbsp
Ground red pepper		1 tsp
Chicken broth, boiling		1-3/4 gal

Directions

1. Thaw chicken, if frozen. Wash and dry. Season with salt and pepper. Place 25 pieces in single layer in each of 4 greased shallow baking pans (about 12"x20"x2-1/2"). Bake at 425° F (hot oven) for 30 minutes, or until brown.
2. Remove from oven. Push chicken to side of pan. Pour off drippings; reserve. Reduce heat to 350° F (moderate oven).
3. Portion 1 lb 10 oz (1 qt) rice into each pan.
4. Heat 2 cups drippings in stockpot.
5. Add celery, onions, green peppers, garlic salt, and red pepper. Simmer 2 to 3 minutes. Divide equally among pans.
6. Pour 1-3/4 qt (1-1/2 qt, if using medium grain rice) broth into each pan.
7. Stir; arrange chicken pieces on top.
8. Cover and bake at 350° F (moderate oven) 30 minutes, or until rice is tender. Mixture should be slightly moist. Fluff rice and vegetables with slotted spoon before serving.

SERVING: One piece of chicken and about 2/3 cup rice mixture provides 1-3/4 ounces (drumstick) or 2 ounces (thigh) of cooked poultry, 1/3 cup of vegetable, and 1/2 cup of cooked rice.

Tested by the Rice Council of America

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

EGG MIX, Dried

Ingredients

Dried whole egg solids, not less than 51 percent; nonfat dry milk solids, not less than 30 percent; vegetable oil (corn oil or soybean oil or cottonseed oil), not less than 15 percent; iodized salt, not more than 1 percent. The moisture content is not more than 3 percent.

Pack Size

4 10-pound polyethylene bags

Yield

One pound (about 4-1/8 cups) dried egg mix yields 16 servings of one large egg each. One hundred servings require 6.25 pounds of dried egg mix. Twelve ounces (3-1/8 cups) dried egg mix and 3 cups water are equivalent to 12 (one dozen) large eggs.

Uses

Use only in thoroughly cooked products such as scrambled eggs or long-cooked casseroles, or baked products such as cornbread, pancakes, cookies, muffins, and baked custard. Do not use dried egg mix in egg-milk drinks, ice cream, or uncooked salad dressings.

Storage

Store unopened bags of dried egg mix in a cool, dry place at a temperature of about 70° F. The dried egg mix maintains acceptable palatability for 12 to 15 months.

Store unused portion in the refrigerator, either in the resealable bag or in a tightly closed container.

NOTE: The dried egg mix has been pasteurized in accordance with USDA requirements. It has been tested and found to be salmonella negative.

Nutritional Value

One ounce of dried egg mix (equivalent to one large egg) provides 159 calories, and:

Protein	10.0 g	Iron	1.2 mg	Thiamin	0.08 mg	Sodium	237 mg
Carbohydrate	5.3 g	Vitamin A	504 IU	Riboflavin	0.33 mg	Potassium	224 mg
Fat	10.6 g	Vitamin C	0.5 mg	Niacin	0.12 mg	Calcium	141 mg
						Phosphorus	190 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation

To reconstitute: Sift dried egg mix into required amount of warm water in a mixer bowl and mix with a wire beater at low speed until well blended.

Reconstitute only the quantity of dried egg mix needed for the recipe and use immediately. Weigh the dried egg mix or sift and measure.

Dried egg mix can be reconstituted for use in recipes or it can be sifted with the dry ingredients and the water added to other liquid ingredients.

ecipes

N BREAD

redients	96 Servings Weights	Measures	Directions
ll-purpose flour	1 lb 8 oz	1-1/2 qt	1. Sift flour and dried egg mix together into mixer bowl.
ried egg mix	12 oz		2. Mix cornmeal, sugar, baking powder, and salt into flour mixture with paddle at low speed.
ornmeal, white or yellow	2 lb	1-1/2 qt	
ugar	7 oz	1 cup	3. Add milk and melted butter to dry ingredients. Mix with paddle at low speed 15 seconds. Scrape bowl. Mix at low speed until just blended, 15 seconds longer.
aking powder		3 Tbsp	
alt		2 tsp	
ilk		1-1/2 qt	4. Pour batter into greased pan (18"x26"). Bake in preheated conventional oven at 425° F for 15 to 20 minutes or in a convection oven at 375° F for 12 to 15 minutes.
utter, melted	12 oz	1-1/2 cups	5. Cool slightly before serving. Cut 8x12 (96 servings per pan).

VING: One square, about 2-1/8"x2-1/8", provides 1 serving of bread.

FOO YUNG

redients	100 Servings Weights	Measures	Directions
ried egg mix	6 lb 4 oz	1 gal 2-1/2 qt	1. Sift mix on top of water in mixer bowl. Beat with whip until smooth and aerated.
arm water		1 gal 2-1/4 qt	
nions, finely chopped	1 lb 2 oz	3 cups	2. Combine onions, green pepper, bean sprouts, and pepper. Mix well.
reen pepper, finely chopped	8 oz	1-1/2 cups	3. Melt 1 oz (2 Tbsp) butter in each of 4 baking pans (about 12"x20"x2-1/2").
anned bean sprouts, drained	3 lb	2 qt 2-1/2 cups	4. Combine egg and vegetable mixtures. Pour 5 lb 12 oz (about 3 qt) egg mixture into each pan.
epper		2 tsp	
utter or margarine	4 oz	1/2 cup	5. Bake at 350° F (moderate oven) for 20 minutes or until firm.
ce:			6. Mix cornstarch and water. Add remaining ingredients.
ornstarch	4-1/2 oz	1 cup	7. Cook until thickened and clear.
ater		1 gal	8. Serve 2 Tbsp of sauce over each serving of Egg Foo Yung.
oy sauce	10 oz	1 cup	
olasses		2 Tbsp	
hicken soup base	5 oz	1/2 cup	
ot water		1 qt	
utter or margarine	2 oz	1/4 cup	

VING: One piece, 2"x3-3/4", provides 1 egg and 1/8 cup of vegetable.

Tested by the U.S. Department of Agriculture

onated by the U.S. Department of Agriculture

G MIX

Facts About USDA Commodities

GROUND BEEF, Frozen

Ingredients
100 percent ground beef. Fat content ranges from 18 to 24 percent.

Pack Size
55-pound case with 4 to 8 bags or casings weighing about 7 to 14 pounds each.

Yield
One pound of raw ground beef will provide 11.6 1-ounce servings of cooked meat.

Uses
Serve ground beef alone or in combination dishes. Examples are ground beef patties, chili, country fried steak, meatloaf, pizza, spaghetti, and lasagna.

Storage
Store frozen ground beef in original shipping containers off the floor at 0° F or below. Use within 9 months.

Nutritional Value
One ounce of cooked ground beef (containing 24 percent fat) provides 88 calories, and:

Protein	6.1 g	Iron	0.7 mg	Thiamin	0.03 mg	Sodium	23 mg
Carbohydrate	0	Vitamin A	0	Riboflavin	0.06 mg	Potassium	87 mg
Fat	5.8 g	Vitamin C	0	Niacin	1.53 mg	Calcium	4 mg
						Phosphorus	53 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation
Thawing:
Thaw only amount needed for one day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in warm water. Remove from carton and thaw in original wrappings in refrigerator (35° to 40° F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing, or 18 to 24 hours for thawing 12 to 15 pounds of ground beef.

Note:
Do not begin cooking beef one day and finish the next.

Recipes

TAMALE MEAT PIE WITH CORNBREAD TOPPING

Ingredients	48 Servings Weights	Measures
* Ground beef	10 lbs	
Onion, chopped	1 lb 9 oz	1-1/4 qt
Green pepper, chopped	10 oz	2 cups
Cooking fat, if needed +	2 oz	1/4 cup
* All-purpose flour		2-1/2 cups
Salt		3 Tbsp
Sugar		2 Tbsp
Chili powder		3 Tbsp
Black pepper		1-1/2 tsp
Cumin		1/2 tsp
Cayenne pepper		1/4 tsp
* Canned tomatoes, chopped	8 lb 8 oz	1-1/3 No. 10 cans
* Whole kernel corn	3 lb 8 oz	2 qt (drained)
Mild green chilies, chopped	4 oz	1/2 cup
Cornbread topping		
* Sifted all-purpose flour	1 lb 4 oz	1 qt
* Yellow cornmeal	1 lb 4 oz	3 cups
Sugar		1/2 cup
Baking powder		2 Tbsp
Salt		2 tsp
* Shortening	4 oz	1/2 cup
Large eggs, slightly beaten		4
* Nonfat dry milk, reconstituted		4 to 4-1/2 cups

Directions

1. In a trunion or steam-jacketed kettle, cook ground meat, onion, and green pepper until onion is transparent and pink color of meat disappears. Pour off drippings.
2. Combine flour, salt, sugar, chili powder, black pepper, cumin, and cayenne pepper. Add to meat. Mix well.
3. Cook 10 minutes stirring constantly.
4. Combine chopped tomatoes, drained corn, and chopped green chilies and add to meat. Bring mixture to boil and simmer, stirring constantly until thickened.
5. Divide meat mixture into 2 pans (12"x20"x2-1/2"), approximately 1 gallon 3 cups each.

For cornbread topping:

1. Sift together flour, cornmeal, sugar, baking powder, and salt.
2. Cut shortening into sifted dry ingredients until it has a fine crumb.
3. Combine beaten eggs and enough milk to make 5 cups liquid.
4. Stir until dry ingredients are moistened.
5. Top each pan with half the corn bread mixture. Bake in oven at 400° F for 40 minutes.
6. Let stand 10 minutes before serving. Cut each pan 4x6 (24 servings per pan).

SERVING: One piece 4"x2-1/2" (3/4 cup tamale meat mixture) provides the equivalent of 2-1/2 ounces of cooked lean meat, 1/2 cup of vegetable, and 1-1/2 servings of bread.
+ If meat is very lean, add cooking fat.

Tested by the National Live Stock and Meat Board

TIJUANA TACOS

Ingredients	100 Servings Weights	Measures
* Pinto beans	4 lb	
* Ground beef	8 lb	
Onions, chopped	1 lb	
Garlic powder		1 Tbsp
Chili powder		1 Tbsp
Salt		1/4 cup
Tomato puree		3 cups
Taco shells		200
Tomatoes, diced	3 lb	
Lettuce, shredded	4 lb	
* Cheese, grated	3 lb	

Directions

1. Soak pinto beans the day before and refrigerate. On the day of service, cook pinto beans and mash.
2. Brown ground beef with onions. Drain all fat.
3. Add pinto beans, garlic powder, chili powder, salt, and tomato puree.
4. Divide mixture into steamtable pans and cover.
5. Put into 200° F oven until serving time. Warm taco shells in a 200° F oven for 5 to 10 minutes.
6. Fill each shell with a No. 24 scoop of taco filling. Add 1/8 cup lettuce and diced tomatoes. Top each taco with about 1/2 oz of grated cheese.

SERVING: Two tacos provide the equivalent of 2-1/4 ounces of meat, 3/8 cup of vegetable, and 1 serving of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

GROUND BEEF

Facts About USDA Commodities

GROUND BEEF PATTIES, Frozen

Ingredients

Three-ounce ground beef patties (not exceeding 24% fat).

Pack Size

36-pound container of approximately 192 patties

Yield

One pound yields about 5.3 3-ounce ground beef patties. Each 3-ounce raw meat pattie yields about 2 ounces of cooked lean meat.

Uses

Ground beef patties may be pan-fried or pan-broiled.

Storage

Store ground beef patties hard-frozen in original shipping containers off the floor at 0° F or below in the freezer. Use within 6 months.

Nutritional Value

One 3-ounce raw pattie, when cooked without added salt, provides 193 calories, and:

Protein	13.4 g	Iron	1.6 mg	Thiamin	0.06 mg	Sodium	50 mg
Carbohydrate	0	Vitamin A	0	Riboflavin	0.13 mg	Potassium	191 mg
Fat	12.8 g	Vitamin C	0	Niacin	3.35 mg	Calcium	9 mg
						Phosphorus	117 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation

Cook beef patties from the frozen state.
Separate and place beef patties onto sheet pans. Bake in deck or convection oven at 400° F, 5 to 6 minutes, or until brown and cooked throughout.

Avoid injury - do not separate patties with a knife or sharp-edged object.
Partially thaw in refrigerator until patties can be easily separated.

Recipes

Variations: Top the ground beef patties with any of the following:

Cheese, any type - sliced, shredded, or grated
Tomato slices
Shredded lettuce
Mushrooms
Bacon, sliced or crumbled
Onions, chopped or sliced
Pizza or taco sauce
Sweet and sour sauce
Chili
Eggs

Bread variations:

Kaiser roll
Onion roll
English muffin
Texas toast

Facts About USDA Commodities

GROUND PORK, Frozen

Ingredients
Ground pork. Average fat content does not exceed 24 percent.

Pack Size
55-pound case of 4 to 8 blocks or casings weighing 7 to 14 pounds each.

Yield
One pound of cooked ground pork will provide 11.6 1-ounce servings of meat.

Uses
Serve ground pork alone or in combination dishes. Examples are ground pork patties, chili, meatloaf, pizza, spaghetti, and lasagna.

Storage
Store frozen ground pork in original shipping containers off the floor at 0° F or below. Use within 9 months.

Nutritional Value
One ounce of cooked frozen ground pork contains 94 calories, and:

Protein	6.3 g	Iron	0.3 mg	Thiamin	0.15 mg	Sodium	25 mg
Carbohydrate	0	Vitamin A	Trace	Riboflavin	0.09 mg	Potassium	95 mg
Fat	7.2 g	Vitamin C	0	Niacin	1.47 mg	Calcium	2 mg
						Phosphorus	54 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation
Thawing:

Thaw only the amount needed for 1 day's use. Avoid leftovers.
Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in warm water.
Remove from carton and thaw in original wrappings in refrigerator (35° to 40° F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing. Cook ground pork within 24 hours after thawing. Do not refreeze.
Cook at low to moderate heat until fully cooked. Do not start cooking pork one day and finish the next.

Recipes

PORK AND MACARONI

Ingredients	100 Servings Weights	Measures
* Ground pork	20 lb	
Salt		1/4 cup
Paprika		1 Tbsp
* Canned tomatoes		1-1/2 No. 10 cans
Instant minced onion		1 cup
* Macaroni, uncooked	5 lb 4 oz	
Condensed cream of celery soup		3 No. 3 cans
Garlic salt		1 Tbsp
Pepper		2 Tbsp
Basil leaves		1 Tbsp
Ground savory		1-1/2 tsp
* Cheddar cheese, grated	1 lb	

Directions

1. Place ground pork in a pan (12"x20"x2-1/2"). Cook in a 375° F oven for 45 minutes. Mix well to break in small pieces. Pour off drippings. Season with salt and paprika.
2. Break tomatoes in pieces and add instant minced onion. Let stand 20 minutes.
3. Cook macaroni in salted water according to directions. Do not overcook. Drain.
4. In a sauce pot or trunion kettle, combine celery soup, garlic salt, pepper, basil leaves, and savory. Mix well and heat. Add tomato and onion mixture. Mix well.
5. Cook until heated through. In each of 2 pans (12"x20" x2-1/2") place half the pork, half the macaroni, and half the celery soup-tomato mixture. Mix well. Cover and bake in a 375° F oven for 35 to 45 minutes, or until hot.
6. Uncover, sprinkle top of each pan of meat mixture with 8 oz grated cheese. Heat until cheese is melted.

SERVING: 1 cup provides the equivalent of 2-1/4 ounces of cooked lean meat, 1/8 cup of vegetable, and 1/2 cup of cooked pasta.

GROUND PORK PATTIES

Ingredients	100 Servings Weights	Measures
* Ground pork	20 lb	
Eggs, beaten		6
* Catsup	10 oz	
Water		2-1/2 cups
Instant minced onion		1/2 cup
Frozen shredded hash browns (or fresh potatoes)	2 lb	
Soft bread crumbs	1 lb 4 oz	
Salt		1/4 cup
Garlic salt		2 tsp
Pepper		2 tsp
Ground savory		1 tsp

Directions

1. Combine eggs, catsup, water, and instant minced onion. Let stand 20 minutes or more.
2. Defrost hash browns and separate when thawed. Add potatoes, bread crumbs, salt, pepper, and ground savory to the egg and onion mixture. Mix well.
3. Add the ground pork. Mix well.
4. Using a No. 8 scoop, portion 24 mounds on each of four pans (18"x26"x1") pans. Flatten mounds to about 4-1/2" in diameter.
5. Bake in a 375° F oven for 25 minutes or until done.

SERVING: 1 patty provides the equivalent of 2-1/4 ounces of cooked lean meat.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

LIMA BEANS, Dry and Canned

Ingredients

Dry Lima beans

Canned dried baby lima beans, cooked and packed in brine.

Pack Size

25-pound bag

6 No. 10 cans per case

Yield

One pound dry large lima beans yields 27 1/4-cup servings of cooked beans. One pound dry baby lima beans yields 23.4 1/4-cup servings of cooked beans. One No. 10 can (105 oz) dried baby limas yields the following: 72 ounces (11-3/4 cups) drained or 41 1/4-cup servings heated drained beans.

Uses

Use cooked dry or canned dried lima beans in soups, salads, and entrees, or serve as a vegetable. Canned dried limas are ready for immediate use.

Storage

Dry and canned dried lima beans should be stored off the floor in a cool, dry place. High temperatures cause dry limas to harden; high humidity causes molding. Cooked dry lima beans may be refrigerated up to 2 days in a covered nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months:			
Dry	24	12	9
Canned	72	36	18

Nutritional Value

A 1/4-cup serving of cooked dry lima beans with no added salt provides 66 calories, and:

Protein	3.9 g	Iron	1.5 mg	Thiamin	0.06 mg	Sodium	1 mg
Carbohydrate	12.2 g	Vitamin A	--	Riboflavin	0.03 mg	Potassium	291 mg
Fat	0.3 g	Vitamin C	--	Niacin	0.32 mg	Calcium	14 mg
						Phosphorus	73 mg

(Agriculture Handbook No. 456)

Preparation

Wash dry beans in cold water. Soaking shortens cooking time and insures that the beans will hold their shape.

Quick soak: To 1 pound of dry beans add 6 to 8 cups of hot water. Heat, and let boil 2 minutes; cover and set aside for an hour before cooking.

Regular soak: To 1 pound of dry beans add 6 cups cold water. Let stand overnight or for several hours in a cool place.

Recipes

BRUNSWICK STEW

Ingredients	100 Servings Weights	Measures
Potatoes	10 lb	
Turkey broth		1 gal
Onions	2 lb	
* Canned tomatoes		1 No. 10 can
* Corn	5 lb	
* Lima Beans	5 lb	
* Turkey, diced	18 lb	
Sugar		1/4 cup
Pepper		1 tsp
Oregano		1-1/4 tsp
Poultry seasoning		1 tsp
Cornstarch		1/2 cup
Water		2 cups

Directions

1. Dice potatoes and cook in turkey broth.
2. When almost tender add onions, tomatoes, corn, and limas.
3. Simmer all vegetables and add diced turkey, seasonings, and cornstarch mixed with water.
4. Let come to a boil and serve.

SERVING: 1 cup provides 2-3/4 ounces of cooked poultry and 5/8 cup of vegetable.

SIX BEAN SOUP

Ingredients	32 Servings Weights	Measures
Onion, chopped	12 oz	2 cups
Celery, chopped	12 oz	3 cups
Carrot, chopped	8 oz	2 cups
Green pepper, chopped	4 oz	1 cup
Parsley, minced	1 oz	1 cup
Garlic cloves, minced		2
* Butter	2 oz	1/4 cup
Chicken flavor noodle soup mix	10 oz	
Water		1 gal
Bay leaf		1
Fines herbes		1 tsp
* Dried baby lima beans	4 oz	
* Small white beans	4 oz	
* Blackeye beans	3 oz	
Garbanzo beans	3 oz	
* Pink beans	3 oz	
* Light red kidney beans	4 oz	
* Canned tomatoes, chopped		2 cups
Parmesan cheese, grated		As needed

Directions

1. Cook onion, celery, carrot, green pepper, parsley, and garlic in butter until soft.
2. Combine vegetables from step 1 with soup mix, water, bay leaf, fines herbes, and beans. Simmer, covered, about 1 hour to desired tenderness.
3. Add tomatoes. Remove bay leaf.
4. Serve hot with 8-oz ladle; sprinkle with cheese.

YIELD: 2 gallons

SERVING: One cup provides 1/4-cup of cooked dry beans and 1/4-cup of vegetable or 1/2-cup of vegetable.

Tested by Beans of the West

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

MOZZARELLA CHEESE

Ingredients
Low moisture, part-skim mozzarella cheese.

Pack Size
Various Sizes
10 4-pound, 6 5-pound,
10 5-pound, 12 5-pound,
8 6-pound, 10 6-pound,
or 3 22-pound loaves

Yield
One pound of cheese yields 16 1-ounce servings.

Uses
Mozzarella cheese may be eaten as is with fruit, in sandwiches, or in cooked dishes such as lasagna and pizza. It may be used as a garnish for salads or other foods.

Storage
Store frozen mozzarella in the original container off the floor at 0° F. Use within 1 year of pack date.

Refrigerate thawed cheese at 35° F for 3 to 4 weeks. Once exposed to air, dehydration and molding may take place. If the cheese molds, slice the mold away from the block and rewrap the cheese in new plastic film. To protect cheese from mold, always work with it in a clean area. Wrap it tightly without air pockets and tape end folds to seal. Return cheese to original box to keep pressure on the surface.

Nutritional Value
One ounce of mozzarella cheese, low-moisture and part skim, provides 79 calories and:

Protein	7.8 g	Iron	0.1 mg	Thiamin	0.01 mg	Sodium	150 mg
Carbohydrate	0.9 g	Vitamin A	178 IU	Riboflavin	0.10 mg	Potassum	27 mg
Fat	4.8 g	Vitamin C	0	Niacin	0.03 mg	Calcium	207 mg
						Phosphorus	149 mg

(Agriculture Handbook No. 8-1)

Preparation
Loaves of cheese can be easily sliced with a meat slicer or wire cutter. Cheese shreds more easily and consistently immediately after being removed from refrigeration. Dishes containing cheese should be cooked at low temperatures since cheese toughens and gets stringy at high temperatures.

Recipes

PIZZA CASSEROLE

Ingredients	100 Servings Weights	Measures
* Ground beef	8 lb	
Onions, dried		3/4 cup
* Noodles, wide or macaroni	4-1/2 lb	
* Catsup		3 cups
* Tomato paste		2 cups
Sugar		1 cup
Salt		3 Tbsp
Pepper		1-1/2 Tbsp
Garlic salt		1 Tbsp
Worcestershire sauce		3/4 cup
Oregano		2 Tbsp
* American cheese	4 lb	
* Mozzarella cheese	4 lb	

Directions

1. Brown meat and onions together.
2. Cook noodles and drain.
3. Mix catsup, tomato paste, sugar, salt, pepper, garlic salt, worcestershire sauce, and oregano together and stir well.
4. Layer in steamtable pan (12"x20"x2-1/2") as follows: Meat, noodles, American cheese, mozzarella cheese. Repeat this order again. Bake for 30 minutes at 350° F.

SERVING: One piece 2"x3-3/4" provides the equivalent of 2 ounces of cooked lean meat and 3/8 cup of cooked pasta.

SPICY PIZZA SURPRISE

Ingredients	100 Servings Weights	Measures
CRUST		
* Rice, uncooked	5 lb 10 oz	
Eggs, fresh		40
* Mozzarella cheese, grated	5 lb	
SAUCE		
* Tomato sauce		2-1/2 gal
Oregano		2 Tbsp
Basil		2 Tbsp
Salt		1/4 cup
* Mozzarella cheese, grated		5-1/2 lb

Directions

1. Cook rice. Mix rice, eggs, and cheese to form crust. Press mixture firmly into 4 sheet pans (18"x26"). Spread evenly with spatula. Cook in convection oven at 400° F for 15 to 20 minutes. Top with your favorite pizza sauce and toppings or with the following:
2. Mix first four ingredients to make sauce. Divide sauce into fourths. Place approximately 1/2 gallon of sauce on each crust. Place 1-1/4 lb grated mozzarella cheese on top of pizza. Bake at 400° F for 10 minutes or until cheese is melted and sauce is hot. Allow 25 servings per pan.

SERVING: One piece 3-1/4"x5" provides the equivalent of 2 ounces of cooked lean meat, 3/8 of cup vegetable, and 1/2 cup of cooked rice.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

PEANUT BUTTER, Smooth or Crunchy

Ingredients

Peanut Butter, U.S. Grade A, finely ground with a smooth texture. If chunky style, the texture is grainy with particles of peanuts.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (108 ounces) will yield about 97.5 2-tablespoon servings.

Uses

Peanut butter can be served as is or in sandwiches, soups, and baked items.

Storage

Store peanut butter off the floor in a cool, dry place. Avoid freezing and sudden changes in temperature. Keep opened cans of peanut butter covered in refrigerated storage. Rotate use. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	36	18	9

Nutritional Value

One tablespoon peanut butter provides 95 calories, and:

Protein	4.6 g	Iron	0.3 mg	Thiamin	0.02 mg	Sodium	75 mg
Carbohydrate	2.5 g	Vitamin A	0	Riboflavin	0.02 mg	Potassium	110 mg
Fat	8.2 g	Vitamin C	0	Niacin	2.15 mg	Calcium	5 mg
						Phosphorus	60 mg

(Agriculture Handbook No. 8-12)

Preparation

Peanut butter can be used to flavor pies, cakes, and cookies.
Add peanut butter to batter for flavorful biscuits.
Blend peanut butter and milk to make a vegetable sauce or peanut soup.
Mix peanut butter with pudding, or with chocolate sauce as a topping for ice cream and desserts.

Recipes

PEANUT BUTTER CAKE

Ingredients	100 Servings Weights	Measures
* Peanut butter, chunky	2-1/2 lb	1 qt
* Butter or margarine, softened	1 lb	2 cups
Brown sugar, packed	2 lb	1 qt
Granulated sugar	1-3/4 lb	1 qt
Eggs		16
Vanilla		3 Tbsp
* Flour	2-3/4 lb	10-2/3 cups
Baking powder		1/4 cup
Salt		4 tsp
Milk		2-2/3 cups
* Peanut granules +	10 oz	2 cups

Directions

1. Cream peanut butter and butter with sugar. Add eggs, one at a time, beating well after each addition.
2. Stir in vanilla.
3. Combine flour, baking powder, and salt. Beat into creamed mixture alternately with milk.
4. Spread batter evenly into 2 greased sheet pans (18"x26"), dividing equally.
5. Sprinkle tops with peanut granules.
6. Bake at 350° F about 30 minutes, until edges are light golden. Cool.

SERVING: One piece of cake, 3-1/2"x2-1/2" provides the equivalent of 3/4 ounce of cooked lean meat (includes 0.10 ounce nuts).

+ Roasted peanuts can be substituted for granules by chopping in food processor or blender.

PEANUT MUFFINS

Ingredients	30 Servings Weights	Measures
* Peanut butter, creamy		1 cup
* Butter	2 oz	1/4 cup
Sugar		1 cup
Eggs, well beaten		4
* All-purpose flour	1 lb 1 oz	
Baking powder		2 Tbsp 2 tsp
Salt		1 tsp
Milk		1-1/2 cups
* Peanut granules (optional)		1 cup

Directions

1. In mixer, cream peanut butter, butter, and sugar. Add eggs; blend well.
2. In a separate bowl, combine flour, baking powder, and salt. Add alternately with milk to peanut butter mixture. Beat at medium speed until blended.
3. Portion with No. 24 scoop (2-2/3 tablespoons) into paper-lined muffin tins. Sprinkle peanut granules on top of each muffin.
4. Bake at 400° F for 20 minutes or until done.

SERVING: One muffin provides the equivalent of 1/2 ounce of cooked lean meat and 1 serving of bread.

Tested by the Peanut Advisory Board

* Donated by U.S. Department of Agriculture

Note: To be counted towards the meat/meat alternate requirement in lunches or suppers in Child Nutrition Programs, any meat or meat alternate must be served in the main dish <u>or</u> in the main dish and <u>one</u> other menu item.

Facts About USDA Commodities

PEANUTS, Roasted, Shelled and PEANUT GRANULES

Ingredients

Roasted Peanuts (shelled) unsalted, of the Virginia, runner, or Spanish variety.
Peanut Granules are chopped roasted peanuts.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (56 ounces) of peanut granules or one No. 10 can (64 ounces) of roasted peanuts yields 11.9 cups of nuts.

Uses

Serve roasted peanuts and peanut granules plain or add to casseroles, stuffings, muffins, baked items, salads, and desserts.

Storage

Store unopened cans of peanuts in a cool, dry place. After opening, keep peanuts covered in the refrigerator and use as soon as possible. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	60	24	12

Nutritional Value

One ounce of shelled, chopped roasted peanuts provides 165 calories, and:

Protein	7.6 g	Iron	0.5 mg	Thiamin	0.08 mg	Sodium	4 mg
Carbohydrate	5.2 g	Vitamin A	0	Riboflavin	0.03 mg	Potassium	200 mg
Fat	14.0 g	Vitamin C	0	Niacin	4.20 mg	Calcium	24 mg
						Phosphorus	144 mg

(Agriculture Handbook No. 8-12)

Preparation

Use roasted peanuts in granola bars and cereal; combine with raisins for a nutritious snack.
Add roasted peanuts to muffins, cakes, and desserts or use in stuffing for chicken, turkey, or pork.
Chop roasted peanuts into peanut granules. Add to vegetable and rice dishes or use as a coating for chicken.
Add to cakes, cookies, and frostings or use as a garnish over casseroles, pudding, gelatin, or ice cream.

ecipes

TMEAL PEANUT BUTTER COOKIES

gredients	100 Servings Weights	Measures	Directions
Sugar		2 qt	1. Mix sugar, cocoa, dry milk, water, and butter, and bring to a boil.
Cocoa		3/4 cup	2. Boil for 3 minutes and remove from heat. Add the rest of the ingredients and mix well.
Nonfat dry milk		1/2 cup	3. Drop on waxed paper using No. 70 scoop (2-3/4 tsp).
Water		1-1/2 cups	
Butter	1 lb		
Peanut butter		1 qt	
Vanilla		1/2 cup	
Rolled oats		2-1/2 qt	
Raisins		1 qt	
Roasted peanuts		1 qt	

ERVING: One cookie provides the equivalent of 1/2 ounce of cooked lean meat (includes 0.21 ounce nuts).

Tested by a State school food service

LDORF SALAD WITH PEANUTS

ngredients	100 Servings Weights	Measures	Directions
Apples, pared, diced	11 lb 4 oz	2-3/4 gal	1. Sprinkle apples with lemon juice. Combine all remaining ingredients; toss to blend. Chill.
Lemon juice	8-3/4 oz	1 cup	2. Portion with No. 8 scoop (1/2 cup) and serve on salad greens.
Celery, chopped	4 lb 8 oz	1 gal 1 cup	
Peanut granules	1 lb 12 oz	1-1/2 qt	
Sugar	7 oz	1 cup	
Salt		2 tsp	
Mayonnaise	1 lb 7-1/2 oz	3 cups	

ERVING: 1/2 cup provides the equivalent of 1/4 ounce of cooked lean meat (0.25 ounce nuts).

Tested by the U.S. Department of Agriculture

Donated by the U.S. Department of Agriculture

ote: To be counted towards the meat/meat alternate requirement in lunches or uppers in Child Nutrition Programs, any meat or meat alternate must be served n the main dish <u>or</u> in the main dish and <u>one</u> other menu item.

Facts About USDA Commodities

PORK with Natural Juices, Canned

Ingredients
Pork with a maximum of 1 percent salt added for flavor.

Pack Size
24 29-ounce (No. 2-1/2) cans per case

Yield
One 29-ounce can will provide 14.7 1-ounce portions of heated meat.

Uses
This product is thoroughly cooked during processing and may be used as is or heated and used in main dishes such as salads, sandwiches, barbecued pork, pizza, spaghetti sauce, and casseroles.

Storage
Store unopened cans off the floor in a cool, dry place at 55° to 70° F.
Store opened pork, covered, in a nonmetallic container in the refrigerator; use within 5 days.

Nutritional Value
A 1-ounce portion of cooked pork provides 69 calories, and:

Protein	7.2 g	Iron	0.4 mg	Thiamin	0.16 mg	Sodium	126 mg
Carbohydrate	0	Vitamin A	1 IU	Riboflavin	0.10 mg	Potassium	100 mg
Fat	4.3 g	Vitamin C	0	Niacin	1.22 mg	Calcium	2 mg
						Phosphorus	65 mg

* Based on 1 percent added salt.
(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation
Place canned pork in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. The natural juices from the pork can be used for part of the liquid required by any main dish or soup recipe.

Recipes

PORK-KIDNEY BEAN SALAD

Ingredients	100 Servings Weights	Measures
* Canned pork with natural juices	9 lb 1 oz	5 cans (29 oz each)
* Canned kidney beans, drained		2 No. 10 cans
Sweet pickle relish	2 lb 6 oz	1 qt 2/3 cup
Celery, chopped	2 lb 8 oz	2 qt 1-1/2 cups
Onions, chopped	8 oz	1-1/3 cups
Salt	2 oz	3 Tbsp
Hard-cooked eggs, diced		22 large
Mayonnaise	1 lb 7 oz	3 cups
Prepared mustard	3 oz	1/3 cup

Directions

1. Drain pork; chill.
2. Combine remaining ingredients with chilled pork and toss lightly.
3. Refrigerate 1 hour to blend flavors.
4. Portion with No. 10 scoop (3/8 cup) and serve on salad greens.

SERVING: About 3/8 cup provides the equivalent of 2 ounces of cooked lean meat.

Tested by the U.S. Department of Agriculture

AMERICAN PORK CASSEROLE

Ingredients	48 Servings Weights	Measures
* Canned pork with natural juices		6 cans (29 oz each)
Instant minced onion		3 Tbsp
Water		1/2 cup
Enriched medium egg noodles	3 lb	
* Butter or margarine	10 oz	1-1/4 cups
* Flour		2 cups
Salt		1-1/2 Tbsp
Ground marjoram		2 tsp
Ground cumin		3/4 tsp
Pepper		1/2 tsp
* Hot milk, nonfat dry, reconstituted		1 gal
* Cheddar cheese, grated	12 oz	
Pimiento, chopped	1 lb	2 cups
* Butter, melted		1/4 cup
Dry bread crumbs		1 cup
Paprika		1-1/2 tsp

Directions

1. Turn refrigerated cans upside down and open.
2. Pour off juice. Separate pieces of pork, removing fat.
3. Add minced onion to water. Let stand 15 minutes.
4. Cook egg noodles in salted water according to package directions. Do not overcook. Drain.
5. Melt butter in sauce pan. Blend in flour, salt, marjoram, cumin, and pepper. Mix well.
6. Using a wire whip, add hydrated onion, butter, and flour mixture to hot milk. Cook, stirring constantly, until thickened.
7. Add grated cheese and pimiento. Stir until cheese is melted.
8. Add pieces of canned pork and mix well.
9. Fold in half the egg noodles and half the pork and cream sauce mixture into each of 2 greased pans (12"x20"x2-1/2").
10. Combine butter, crumbs, and paprika. Sprinkle half over each of the 2 pans.
11. Bake in a 375° F oven for 30 to 40 minutes.

SERVING: 1 cup provides the equivalent of 2 ounces of cooked lean meat and 1/2 cup of cooked noodles.

Tested by the National Live Stock and Meat Board

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

RED BEANS, Dry and Canned

Ingredients

Dry beans or
Canned beans packed in brine
(Pinto, pink bean, light red kidney, dark red kidney, red bean)

Pack Size

25-pound bag or
100-pound bag for processing; or 6 No. 10 cans per case

Yield

1 pound dry beans equals 2 cups dry and yields 5 to 6 cups cooked beans.

1 No. 10 can dry beans (108 oz) yields the following: Kidney - 72 oz (11-1/3 cups) drained or 41.9 1/4-cup servings of heated drained beans; pinto - 93 oz (11-5/8 cups) drained or 43.3 1/4-cup servings of heated drained beans.

Uses

Use cooked dry beans or canned dry beans in soups, salads, or entrees. Serve varieties of beans alone or in combination with others. Cook beans with meats or other vegetables.

Storage

Store dry beans and canned dry beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes molding. Opened cooked dry or canned dry beans may be refrigerated up to 2 days in a covered container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months:			
dry	24	12	9
canned	72	36	18

Nutritional Value

A 1/4-cup serving of cooked dry red kidney beans with no added salt provides 54 calories, and:

Protein	3.6 g	Iron	1.1 mg	Thiamin	0.05 mg	Sodium	2 mg
Carbohydrate	9.9 g	Vitamin A	2 IU	Riboflavin	0.03 mg	Potassium	157 mg
Fat	0.2 g	Vitamin C	--	Niacin	0.32 mg	Calcium	18 mg
						Phosphorus	65 mg

1/4 cup canned red kidney beans (solids and liquid) with no added salt provides 58 calories, and:

Protein	3.6 g	Iron	1.2 mg	Thiamin	0.03 mg	Sodium	217 mg
Carbohydrate	10.4 g	Vitamin A	2 IU	Riboflavin	0.02 mg	Potassium	168 mg
Fat	0.2 g	Vitamin C	--	Niacin	0.38 mg	Calcium	18 mg
						Phosphorus	70 mg

(Agriculture Handbook No. 456)

›reparation

ry Beans: Wash beans in cold water. Soaking shortens cooking time and insures hat the beans will hold their shape.

oaking: Overnight Method - Add 6 cups of cold water to every pound of dry eans. Let stand overnight, or for several hours, in a cool place.

uick-Soak Method - Boil 3 cups of water for each cup of dry beans. Add beans nd boil for another 2 minutes. Remove from heat and allow to soak for 1 hour.

ooking: After the beans have been soaked, transfer them to a large kettle. If esired, add 2 teaspoons salt for every pound of dry beans soaked. Simmer or oil gently, with lid tilted, until tender. Add 2 tablespoons fat to the ooking water for each pound of beans to prevent foaming.

›ecipes

AKED BEANS

ngredients	100 Servings Weights	Measures	Directions
Pinto, pink, or red beans	16 lb		1. Cover beans with water and soak according to preferred method. Drain. Cover with water. Add ham, shortening, spice bag, and salt. Cook slowly until tender. Remove spice bag. Drain, reserving cooking liquid. Set aside.
Water		6 gal	2. Add onion and cook 5 minutes. Combine with reserved bean cooking liquid and remaining ingredients. Stir to mix.
Shortening	8 oz	1 cup	3. Equally divide drained beans into 4 greased pans (12"x20" x2-1/2"). Pour liquid mixture evenly over beans. Cover and bake at 350° F (177° C) for 2 hours. Remove cover for the last 30 minutes of baking time, allowing beans to brown. Add water if not moist enough.
Spice bag with 8 cloves, 8 bay leaves		1	
Salt	6 oz	3/4 cup	
Ham, diced	2 lb		
Onion, chopped	1 lb	3 cups	
Molasses		1 qt	
Catsup		1-1/2 qt	
Worcestershire sauce	1 oz	2 Tbsp	
Brown sugar	1 lb	2-2/3 cups	
Dry mustard		2 Tbsp	
Garlic powder		2 tsp	
Salt		To taste	

ERVING: 1/2 cup provides 1/2 cup of cooked dry beans.

IZZA BEAN CASSEROLE

ngredients	96 Servings Weights	Measures	Directions
Pinto, pink, or red beans	8 lb		1. Cover beans with water and soak according to preferred method. Drain. Cover with water. Add oil and salt. Cook slowly until tender. Drain, reserving cooking liquid. Set aside.
Water		3 gal	2. Lightly brown beef. Add onion and green pepper, cook 5 minutes. Add drained beans, tomatoes, and seasonings.
Oil	4 oz	1/2 cup	3. Divide equally into 4 greased pans (12"x20"x2-1/2"). Cover and bake at 350° F (177° C) for 45 minutes.
Salt	3 oz	6 Tbsp	4 Remove from oven. Adjust consistency with reserved bean cooking liquid as needed. Sprinkle 1 quart shredded cheese over beans in each pan. Garnish with chopped olives.
Ground beef	3 lb		5. Return to oven for 20 minutes or until mixture is thoroughly heated and cheese melted.
Onion, chopped	3 lb	2-1/4 qt	6. Cut each pan 4x6 (24 servings per pan).
Green pepper, chopped	2 lb	2 qt	
Canned tomatoes, crushed		2 No. 10 cans	
Rosemary, crumbled		2 Tbsp	
Oregano, crumbled		4 Tbsp	
Garlic powder		1-1/2 Tbsp	
Salt		To taste	
Cheddar cheese, shredded	4 lb	4 qt	
Ripe olives, chopped, optional	9 oz	1-1/2 cup	

ERVING: One piece 3"x3-1/2" provides the equivalent of 3 ounces cooked lean meat and 1/4 cup vegetable.

Tested by the Idaho Bean Commission

RED BEANS

Facts About USDA Commodities

SALMON, PINK, Canned

Ingredients
Pink salmon in oil with salt added

Pack Size
48 15-1/2-ounce cans per case
or
6 64-ounce cans per case

Yield
One 64-ounce can of pink salmon will yield 48 1-ounce servings of heated fish. One 15-1/2-ounce can of pink salmon will yield 11.6 1-ounce servings of heated fish.

Uses
Canned pink salmon is ready to serve in salads, sandwiches, and main dishes.

Storage
Store unopened canned pink salmon off the floor in a cool dry place. Temperature changes shorten life and speed deterioration of the salmon. Store opened pink salmon under refrigeration, covered, in a nonmetallic container, and use within 24 hours. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	72	36	18

Nutritional Value
One ounce of canned pink salmon plus liquid provides 40 calories, and:

Protein	5.8 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	110 mg
Carbohydrate	0	Vitamin A	20 IU	Riboflavin	0.05 mg	Potassium	102 mg
Fat	1.7 g	Vitamin C	--	Niacin	2.27 mg	Calcium	56 mg*
						Phosphorus	81 mg

*Includes use of bones. If bones are removed calcium content is greatly reduced.
(Agriculture Handbook No. 456)

Preparation
All canned salmon contains bones. The bones soften during processing and are edible. Use in recipes specifying canned salmon.

Recipes

PEAR AND SALMON PASTA SALAD

Ingredients	96 Servings Weights	Measures
* Canned Bartlett pear halves, drained		96
* Canned salmon	6 lb	
* Canned Bartlett pears, diced, drained		1 No. 10 can
Celery, chopped	12 oz	
* Frozen, green peas, cooked, drained	1 lb	
Pimiento, diced	4 oz	
Small shell pasta, cooked, drained		4-1/2 qt
Salad dressing		3 cups
Lettuce leaves		96
Chives, chopped (optional)		Garnish

Directions

1. Refrigerate pear halves until chilled.
2. Drain salmon and flake. Combine with diced pears, celery, peas, pimientos, and pasta.
3. Add salad dressing and mix gently. Refrigerate until chilled.
4. Place a pear half on a lettuce leaf. Using a No. 8 scoop place 1/2 cup of salmon salad on pear half. Garnish with chopped chives, if desired.

SERVING: One salad provides 3/4 ounce of cooked fish, 1/2 cup of vegetables and fruit, and 1/8 cup of cooked pasta.

Tested by the Pacific Coast Canned Pear Service

SALMON CASSEROLE

Ingredients	48 Servings Weights	Measures
* Canned salmon	8 lb	2 64-oz cans
Salmon liquid and medium white sauce combined		1-1/2 gal
Nutmeg		1/2 tsp
Thyme		1 tsp
Tabasco sauce		1/2 tsp
Carrots, sliced, cooked, drained		1-1/2 qt
Zucchini, sliced, cooked, drained		1-1/2 qt
Salt		To taste
* Whipped potatoes, prepared		1-1/2 gal
* Butter, melted	8 oz	
Parmesan cheese, grated	8 oz	
Paprika		garnish

Directions

1. Drain salmon, reserve liquid. Set aside.
2. Combine salmon liquid, white sauce, seasonings, and tabasco sauce.
3. Cook and stir until smooth. Adjust consistency. Add salmon and vegetables. Heat thoroughly. Adjust seasoning to taste.
4. Place 6 qt salmon mixture into each of 2 baking pans (12"x20"x2-1/2"). Top each with 3 qt whipped potatoes, 4 oz melted butter, and 3 oz grated cheese. Garnish with paprika.

SERVING: 1 cup salmon mixture and 1/2 cup whipped potatoes provides 2 ounces of cooked fish and 3/4 cup of vegetable.

Tested by the Canned Salmon Institute

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

SPLIT PEAS and LENTILS

Ingredients
Dry split peas of the yellow or green variety.

Lentils

Pack Size
25-pound bag

Yield
One pound of split peas yields 23.1 1/4-cup servings of cooked peas.
One pound of lentils yields 29.6 1/4-cup servings of cooked lentils.

Uses
Use cooked dry split peas and lentils in soups, salads, casseroles, and entrees; or as meat extenders. Lentils are ready to eat after cooking. Season with butter, herbs, or spices.

Storage
Dry split peas and lentils should be stored in a cool, dry place. High temperatures cause peas and lentils to harden. High humidity causes molding. Cooked split peas and lentils may be refrigerated up to 2 days in a covered container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life	24	12	9

Nutritional Value
A 1/4-cup serving of cooked split peas without added salt provides 58 calories, and:

Protein	4 g	Iron	0.8 mg	Thiamin	0.08 mg	Sodium	6 mg
Carbohydrate	10.4 g	Vitamin A	20 IU	Riboflavin	0.04 mg	Potassium	148 mg
Fat	0.2 g	Vitamin C	--	Niacin	0.45 mg	Calcium	6 mg
						Phosphorus	44 mg

A 1/4-cup serving of cooked lentils with no added salt provides 53 calories, and:

Protein	3.9 g	Iron	1 mg	Thiamin	0.04 mg	Sodium	--
Carbohydrate	9.6 g	Vitamin A	10 IU	Riboflavin	0.03 mg	Potassium	124 mg
Fat	Trace	Vitamin C	0	Niacin	0.30 mg	Calcium	12 mg
						Phosphorus	60 mg

(Agriculture Handbook No. 456)

Preparation
DO NOT SOAK DRY SPLIT PEAS OR LENTILS
To cook 1 pound of dry lentils: Place 1 pound of washed lentils in a heavy saucepan. Add 5 cups of water and 1 to 2 teaspoons of salt. Bring to a boil and reduce heat to simmer. Cover tightly and cook 30 minutes. Season with butter and spices, if desired. Store in the refrigerator or freeze for future use.

To cook 1 pound of dry split peas: Add 1 pound of washed split peas to 5 cups of boiling water. Bring to a boil and boil for 2 minutes. Remove from heat, cover, and let sit for 30 minutes. Season with butter and spices or sprinkle with grated cheese or nuts. Store in refrigerator or freeze. One pound cooked dry split peas equals approximately 6 cups of cooked split peas.

Use dry split peas and lentils as meat extenders: To provide 100 2-oz servings, combine 16 pounds of ground beef with 3/4 pound pureed lentils or combine 15 pounds of ground beef with 1-1/2 pounds of pureed split peas and add tomato sauce.

Recipes

LENTIL CHILI

Ingredients	100 Servings Weights	Measures	Directions
* Lentils	10 lb	23 1/3 cups	1. Wash lentils under cold water.
Water		3-1/2 gal	2. Combine lentils, water, salt, and bring to a boil.
Salt		3 Tbsp	3. Reduce heat to simmer and cover.
* Ground beef	5 lb		4. Brown ground beef.
Onions		5 large	5. Add onions and garlic powder. Saute until onions are limp.
Garlic powder		2 Tbsp	
Tomato sauce		5 29-oz cans	6. Add tomato sauce, cumin, and chili powder to ground beef.
Ground cumin		5 tsp	7. Combine with lentils.
Chili powder		14 Tbsp	8. Bring to a boil and reduce heat.
Cheese, grated (optional)	4 lb		9. Cover and simmer 1-1/2 hours or until lentils are soft. 10. Top each serving with cheese.

SERVING: About 1 cup provides the equivalent of 3-1/2 ounces of cooked lean meat, and 1/8 cup of vegetable or 3/4 cup of vegetable.

SPLIT PEA SOUP HUNGARIAN

Ingredients	50 Servings Weights	Measures	Directions
* Split peas, green or yellow	4 lb		1. Saute ham hocks, onions, green pepper, and garlic lightly in oil.
Ham hocks	2 lb		
* Oil	4 oz		2. Add crushed tomatoes, seasonings, and stock. Bring to a boil. Reduce heat and allow to simmer 2 hours or until split peas are tender.
Onions, finely chopped	2 lb		
Green pepper, finely chopped	1/2 lb		3. Remove hot peppers and ham hocks; cut meat from bones and return it to the soup.
Garlic, minced		1 Tbsp	
* Tomatoes, canned		1 qt	4. Add potato cubes a short time before serving so that they retain their shape and texture.
Hungarian paprika		4 Tbsp	
Hot peppers		2	
Caraway seeds		2 Tbsp	
Salt		To taste	
Stock		3 gallons	
Potatoes, cubed		2 qt	

SERVING: About 1 cup provides 3/8 cup of cooked dry peas and 1/4 cup of vegetable or 1/2 ounce of cooked lean meat and 3/4 cup of vegetable.

Tested by USA Dry Pea and Lentil Industry

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

TUNA FISH, Canned

Ingredients
Chunk light tuna in water.
(Salt added)

Pack Size
6 66-1/2-ounce cans
per case

Yield
One 66-1/2-ounce can of tuna provides 51.2 1-ounce servings of fish. One can equals approximately 51 ounces drained tuna.

Uses
Tuna is thoroughly cooked during processing. Serve as is or heated. Use tuna in salads, sandwiches, or main dishes.

Storage
Store unopened canned tuna off the floor in a cool, dry place. Store opened canned tuna covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	72	36	18

Nutritional Value
One ounce of chunk light tuna in water (drained) provides 36 calories, and:

Protein	7.9 g	Iron	0.4 mg	Thiamin	0.01 mg	Sodium	96 mg
Carbohydrate	0	Vitamin A	--	Riboflavin	0.03 mg	Potassium	79 mg
Fat	0.2 g	Vitamin C	--	Niacin	3.77 mg	Calcium	4 mg
						Phosphorus	54 mg

(Agriculture Handbook No. 456)

Preparation
Chunk light tuna (small bite-size pieces of fish) is made from the skipjack, yellowfin, or bluefin varieties of tuna. The meat is light to dark in color and full in flavor.

Use in recipes specifying canned tuna.

Recipes

BAKED TUNA LOAF SUPREME

Ingredients	96 Servings Weights	Measures
Eggs		48 large
Salt		3 Tbsp
Dry mustard		1/4 cup
Ground oregano		1/4 cup
Pepper		1 tsp
* Nonfat dry milk, reconstituted		1-3/4 gal
Soft white bread, sliced	4 lbs	4 loaves
Onions, finely chopped	2 lb 8 oz	2 qt
* Butter	8 oz	
* Lemon juice	16 oz	2 cups
* Tuna	8 lb 5 oz	2 cans (4 lb 2-1/2 oz each)
Dry bread crumbs	12 oz	3 cups
Parmesan cheese, grated		2 cups
* Butter, melted	8 oz	
Paprika		As needed

Directions

1. In mixer, beat eggs 2 minutes with wire whip on high speed.
2. Add spices and beat with eggs.
3. Add milk and bread. Soak bread until soft. Beat with paddle on low speed until bread is blended into mixture.
4. Saute onions in melted butter.
5. Mix in onions, lemon juice, and flaked tuna. Beat until smooth.
6. Pour into 4 buttered baking pans (12"x20"x2-1/2").
7. Mix crumbs with cheese. Stir in butter. Sprinkle crumbs over top of tuna loaf, using 2 cups for each pan. Sprinkle with paprika.
8. Bake at 450° F (hot oven) for 15 minutes. Lower to 350° F (moderate oven) and bake 45 minutes or until set in center. Let stand 5-10 minutes. Cut each pan 4x6 (24 servings per pan).

SERVING: One piece provides the equivalent of 2 ounces of cooked lean meat.

Tested by the California Milk Advisory Board

BAKED TUNA AND NOODLES

Ingredients	100 Servings Weights	Measures
Water		4 gal
Salt	4 oz	
Broad noodles	5 lb	
* Salad oil		3 Tbsp
* Butter or margarine	1 lb 8 oz	
Onions, minced	6 oz	
* Flour	12 oz	
Salt	2 oz	
Pepper		1 tsp
* Nonfat dry milk, reconstituted		3 gal
Worcestershire sauce		1/4 cup
* Tuna, drained	13 lb 8 oz	
Pimiento, drained	8 oz	
* Butter, melted	6 oz	
Bread crumbs	1 lb 2 oz	

Directions

1. Bring salted water to a boil. Add noodles and oil. Simmer noodles for 8 to 10 minutes until almost tender.
2. Drain noodles. Rinse under cold running water. Drain well and set aside until needed.
3. Melt margarine. Add onions. Cook until onions are transparent. Add flour, salt, and pepper. Blend well. Cook over low heat 10 minutes, stirring occasionally. Heat milk. Do not boil. Add hot milk and Worcestershire sauce to mixture. Cook 15 to 20 minutes until smooth and thickened, stirring frequently.
4. Flake tuna 1/2" to 3/4". Dice pimiento into 1/4" pieces. Pour into greased steamtable pans (12"x20"x4").
5. Mix bread crumbs and melted butter. Sprinkle crumbs over mixture. Bake at 375° F for 20 minutes until browned and thoroughly heated.

SERVING: 2/3 cup provides 2 ounces of fish and 1/2 cup of cooked noodles.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

TURKEY, Whole, Frozen

Ingredients
Fresh frozen ready-to-cook young turkeys without necks and giblets - may or may not be basted.

Pack Size
4 hens per container, each weighing 10 pounds or more;
or
2 toms per container, each weighing 15 to 22-1/2 pounds.

Yield
One pound of turkey yields 8.4 1-ounce portions of cooked turkey with skin; or 7.5 1-ounce portions without skin.

Uses
Whole ready-to-cook turkey may be roasted or braised.

Storage
Store whole ready-to-cook turkeys hard-frozen in original shipping containers off the floor at 0° F or below in the freezer. Use within 9 months.

Nutritional Value
One ounce roasted turkey, with skin and no added salt, provides 59 calories, and:

Protein	8.0 g	Iron	0.5 mg	Thiamin	0.02 mg	Sodium	19 mg
Carbohydrate	0	Vitamin A	0	Riboflavin	0.05 mg	Potassium	79 mg
Fat	2.8 g	Vitamin C	0	Niacin	1.44 mg	Calcium	2 mg
						Phosphorus	58 mg

(Agriculture Handbook No. 8-5)

Preparation
FROZEN READY-TO-COOK TURKEY MUST BE HANDLED PROPERLY TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

Thawing instructions:

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (36° to 45° F) in original plastic wrappers until poultry is pliable. Allow time as follows: 18 lb and over, 2 to 3 days; under 18 lb, 1 to 2 days.
- Do not thaw at room temperature or in water.
- Do not refreeze.
- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.

Table surface and equipment used to prepare whole turkey should be thoroughly cleaned and sanitized before being used to handle cooked foods.

Do not stuff turkey; bake stuffing separately.

Roast or braise turkey. Turkey is done when the thermometer registers 180° to 185° F in inner thigh, juice from turkey is clear with no pink color, drumstick meat is very soft, and leg joint moves easily.

Recipe

TURKEY TETRAZZINI

Ingredients	100 Servings Weights	100 Servings Measures
Water		3 gal
Salt		2 Tbsp
Noodles	5 lb	
Monterey Jack cheese, shredded	5 lb	
* Nonfat dry milk, reconstituted		3 qt
* Turkey meat, cooked	8 lb 2 oz	
Cream of mushroom soup, concentrated		1 No. 5 can
Bell pepper, green chopped		1 cup
Onion, minced		1 cup
Pimiento (optional)		2 4-oz cans

Directions

1. Bring water to a boil. Add salt.
2. Cook noodles in boiling water until tender. Drain, gently rinse in cold water.
3. Reserve 1 lb of cheese. Melt 4 lb cheese with milk in double boiler or trunion kettle.
4. Combine turkey, soup, green pepper, and onion. Add drained noodles.
5. Stir in cheese-milk mixture. Place in lightly greased pans (12"x20"x2-1/2").
6. Bake uncovered for 45 minutes at 350° F. Sprinkle with remaining 1 lb cheese. Cut each pan into 35 servings.

VARIATION:
Use chicken instead of turkey.

SERVING: One square provides the equivalent of 2 ounces of cooked lean meat and 1/2 cup of cooked noodles.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

TURKEY ROASTS, Frozen, Ready To Cook

Ingredients

Deboned turkey meat and skin, U.S. Grade A, with water, salt, and sodium phosphates added. (At least 45 percent breast meat, with a maximum of 34 percent thigh meat and 12.5 percent skin)

Pack Size

Four frozen roasts, 8 to 12 pounds each, per container. The roasts in one container will not vary more than 2 pounds per roast. Each roast will be 9 to 17 inches in length and 4 to 7 inches in diameter and will be tied or placed in cotton netting.

Yield

One pound of raw turkey roast provides 10.5 1-ounce servings of cooked turkey.

Uses

After roasting, serve as an entree, in sandwiches, in salads, or in any recipe specifying cooked turkey.

Storage

Store uncooked roasts, hard-frozen, in original shipping containers, off the floor at 0° F or below in freezer. Use within 7 months of pack date. Do not hold thawed turkey roasts for longer than 24 hours before cooking. Cooked turkey should be refrigerated and used within 2 days.

Nutritional Value

A 1-ounce serving of cooked turkey roast, seasoned light and dark meat, provides 44 calories, and:

Protein	6.0 g	Iron	0.5 mg	Thiamin	0.01 mg	Sodium	193 mg
Carbohydrate	0.9 g	Vitamin A	0	Riboflavin	0.05 mg	Potassium	84 mg
Fat	1.6 g	Vitamin C	0	Niacin	1.78 mg	Calcium	1 mg
						Phosphorus	69 mg

(Agriculture Handbook No. 8-5)

Preparation

HANDLE TURKEY ROASTS PROPERLY TO AVOID SPOILAGE AND/OR FOOD POISONING

Roasts may be cooked from either the frozen or thawed state. However, cooked, frozen roasts may be more difficult to slice.

Sorting: Sort roasts by weight and diameter to facilitate thawing and/or cooking.

Thawing: Thaw only the amount needed for 1 day's use. Thaw in original casings in refrigerator at 36° to 45° F.

The roasts may be cooked after thawing 24 hours.
They should be placed in single layers on sheet pans or trays and spaced on shelves so that air can circulate.

DO NOT THAW AT ROOM TEMPERATURE OR IN WATER
and DO NOT REFREEZE

Cooking: Remove casings. Put roasts, thawed or frozen, in uncovered pan. Cook roasts to an internal temperature of 170° F in either a convection oven or a conventional oven at 325° F. This will take approximately 3 to 5-1/4 hours.

THE DIAMETER OF THE ROASTS CAN AFFECT THE COOKING TIME MORE THAN THE WEIGHT. THE GREATER THE DIAMETER, THE LONGER THE COOKING TIME.

Serving: It is easier to slice and portion cooled roasts than hot roasts. If you use a mechanical slicer, chill the roast thoroughly before slicing. Also, the netting or twine is easier to remove when the roasts are cold. Promptly refrigerate any leftovers and use within 2 days.

Facts About USDA Commodities

VEGETARIAN BEANS, Canned

Ingredients

Pea beans (navy) or small white beans in a meatless tomato sauce that is not highly seasoned.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (110 ounces) vegetarian beans yields 48.9 1/4-cup servings of cooked beans.

Uses

Vegetarian beans are ready for use as a side dish, in casseroles, or in baked beans. They go well with pork and chicken.

Storage

Store vegetarian beans off the floor in a cool dry place. Temperature changes shorten life and speed deterioration of the beans. Refrigerate opened canned vegetarian beans in a covered nonmetallic container and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of vegetarian beans in sauce provides 76 calories, and:

Protein	4 g	Iron	1.3 mg	Thiamin	0.04 mg	Sodium	215 mg
Carbohydrate	14.7 g	Vitamin A	38 IU	Riboflavin	0.03 mg	Potassium	171 mg
Fat	0.3 g	Vitamin C	1.3 mg	Niacin	0.38 mg	Calcium	43 mg
						Phosphorus	77 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation

Heat and serve alone or use as directed in recipes.

Recipes

BAKED BEANS - THE TOMATO RECIPE

Ingredients	100 Servings Weights	Measures
Bacon strips (optional)	2 lb	
Onions, chopped		1-1/4 qt
* Vegetable oil or bacon drippings		1 cup
* Canned tomatoes		1-1/2 No. 10 cans
Garlic cloves, minced		5
Oregano		2-1/2 tsp
Parsley, chopped		1-1/4 cups
Bay leaves		5
* Vegetarian beans		4 No. 10 cans

Directions

1. Fry bacon until crisp. Drain and crumble.
2. Cook onions in bacon drippings or vegetable oil until soft.
3. Combine bacon, onions, and all remaining ingredients except beans, and mix.
4. Pour beans into large roasting pan and combine with tomato mixture. Bake at 350° F for 2 hours.
5. Remove bay leaves. Serve.

VARIATIONS:
For spicier baked beans: Add 2-1/2 tablespoons ground red pepper (cayenne) to basic recipe.
For even hotter and spicier baked beans: Add an 8-ounce can chopped jalapeno peppers plus liquid, to basic recipe.

SERVING: About 2/3 cup provides 3/8 cup of cooked dry beans and 1/8 cup of vegetable or 5/8 cup of vegetable.

FRANKS AND BEANS IN PITA POUCHES

Ingredients	25 Servings Weights	Measures
* Vegetarian beans	3 lb	1/2 No. 10 can
Gingersnap crumbs	5 oz	1-2/3 cups
* Catsup		3/4 cup
Sweet pickle relish		1/3 cup
Brown sugar	4 oz	1/2 cup
Frankfurters, sliced 1/4" to 1/2" thick	3 lb	
Pita bread sandwich pockets		25
Lettuce, shredded		2 heads

Directions

1. Combine beans, gingersnap crumbs, catsup, relish, sugar, and sliced frankfurters; mix well. Pour into baking pan (20"x12"x2-1/2").
2. Bake in 350° F (moderate) oven for 30 minutes, or until heated through.
3. Heat pita bread in a 350° F (moderate) oven for 10 minutes or until crisp. Cut the tops of each pita pocket. Spoon 2/3 cup bean mixture and 1/2 cup shredded lettuce into each pita pocket.

SERVING: 2/3 cup bean mixture, 1/2 cup lettuce, and 1 pita pocket provides the equivalent of 1-3/4 ounces of cooked beans and lean meat, 1/2-cup of vegetable and 1 serving of bread.

Tested by the Michigan Bean Commission

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

WALNUTS, Shelled

Ingredients
Shelled English or Persian walnuts in small pieces.

Pack Size
30-pound container

Yield
One pound shelled walnuts yields 3.7 cups of chopped walnuts.

Uses
Use walnuts in salads, fillings, spreads, quick breads, and other baked items, casseroles, and desserts. Also use walnuts in recipes calling for peanuts or a bread crumb topping.

Storage
Store walnuts in original carton in a cool, dry place. Refrigeration is recommended. Once opened, walnuts should be tightly resealed and refrigerated or frozen. Walnuts have a shelf life of 10 to 20 months at 32° F. Walnuts absorb strong odors. Avoid storing near fish, cheese, or onions.

Nutritional Value
One ounce of shelled walnuts provides 182 calories, and:

Protein	4.1 g	Iron	0.7 mg	Thiamin	0.11 mg	Sodium	3 mg
Carbohydrate	5.2 g	Vitamin A	35 IU	Riboflavin	0.04 mg	Potassium	142 mg
Fat	17.6 g	Vitamin C	0.9 mg	Niacin	0.30 mg	Calcium	27 mg
						Phosphorus	90 mg

(Agriculture Handbook No. 8-12)

Preparation
Toasting will keep walnuts crisp and crunchy when used in moist mixtures like sauces, puddings, or gelatin salads. To toast, spread walnuts evenly in a shallow pan and bake at 350° F, stirring several times, for 12 to 15 minutes or until golden brown. Cool.

Mix walnuts with sliced fruits or sprinkle them on cottage cheese.
Add chopped walnuts to sandwich fillings such as egg, ham, chicken, or tuna salad. Add to cake batter and sprinkle on frosting. Sprinkle on puddings, ice cream, or cobblers.

Recipes

MAPLE WALNUT BREAD PUDDING

Ingredients	24 Servings Weights	Measures
French bread, sliced, 1/2" thick	1 lb 4 oz	
* Walnut pieces	1 lb	
* Raisins	8 oz	
Eggs		12
Granulated sugar	7 oz	
Brown sugar	3-1/2 oz	
Milk		1 qt, 3 cups
Table cream		2 cups
Maple flavoring		1 Tbsp
Whipped topping		As needed

Directions

1. Arrange 12 oz of the bread on the bottom of a greased baking pan (12"x20"). Top evenly with 10 oz of the walnuts, raisins, and the remaining bread.
2. Beat eggs, sugars, milk, table cream, and flavoring to blend thoroughly. Pour over bread. Press bread down lightly to saturate. Sprinkle with additional granulated sugar.
3. Bake in lower half of 400° F oven 40 to 50 minutes until custard is just set and top is lightly browned. Cool. Cut 4x6. Garnish each serving with whipped topping and 1/4 oz walnuts.

SERVING: One 4" by 6" slice provides the equivalent of 1-1/2 ounces of cooked lean meat (includes 0.50 ounce nuts).

THE GREAT CHINESE CHEF'S SALAD

Ingredients	24 Servings Weights	Measures
Prepared oil and vinegar dressing		3-1/2 cups
Bottled teriyaki sauce		1 cup
Finely chopped hard cooked eggs	11 oz	
* Walnut pieces	12 oz	
Crumbled bacon	6 oz	
Romaine lettuce, cut into 1/2" strips	1 lb 8 oz	
Canned chow mein noodles	1 lb 2 oz	
* Turkey, julienne	1 lb 8 oz	
Ham, julienne	12 oz	
* Cheddar cheese, julienne	12 oz	
Tomato wedges	3 lb	
* Walnut pieces	12 oz	
Parsley sprig (optional)	As needed	

Directions

1. Whisk dressing and teriyaki sauce to blend thoroughly; chill.
2. Combine eggs, walnut pieces, bacon, and parsley (if used); cover and chill.
3. For each serving, line plate with 1 oz romaine lettuce. Top with 3/4 oz noodles. Arrange 1 oz turkey, 1/2 oz ham, 1/2 oz cheese, and 2 oz tomato wedges. Add a No. 16 (1/4 cup) scoop egg mixture to middle of plate.
4. Garnish with 1/2 oz walnut pieces and a parsley sprig. Serve with 1-1/2 oz dressing.

SERVING: One salad provides the equivalent of 2-1/2 ounces of cooked lean meat, 3/4 cup of vegetable, and 3/4 serving of bread.

Tested by the Walnut Marketing Board

* Donated by the U.S. Department of Agriculture

Note: To be counted towards the meat/meat alternate requirement in lunches or suppers in Child Nutrition Programs, any meat or meat alternate must be served in the main dish <u>or</u> in the main dish and <u>one</u> other menu item.

Facts About USDA Commodities

WHITE BEANS, Dry and Canned

Ingredients
Dry beans or canned beans packed in brine (navy, pea, small white, or Great Northern)

Pack Size
25-pound bags or 100-pound bags for processing; or 6 No. 10 cans per case

Yield
One pound dry Great Northern beans yields 25.5 1/4-cup servings of cooked beans. One pound of all other cooked dry white beans yields approximately 24 1/4-cup servings.
1 pound dry beans equals 2 cups dry or 5 to 6 cups cooked beans.

Uses
Use cooked dry beans in soups, salads, or entrees. Serve all varieties of beans alone or in combination with others. Cook beans with meats or other vegetables.

Storage
Dry beans should be stored in a cool, dry place. High temperatures cause beans to harden. High humidity causes molding. Store cooked dry beans under refrigeration, covered, in a nonmetallic container and use within 2 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months			
Dry Beans	24	12	9
Canned	72	36	18

Nutritional Value
A 1/4-cup serving of cooked Great Northern beans with no added salt provides 53 calories, and:

Protein	3.5 g	Iron	1.2 mg	Thiamin	0.06 mg	Sodium	3 mg
Carbohydrate	9.6 g	Vitamin A	0	Riboflavin	0.03 mg	Potassium	187 mg
Fat	0.3 g	Vitamin C	0	Niacin	0.32 mg	Calcium	22 mg
						Phosphorus	66 mg

This analysis is typical for other types of dry white beans.

(Agriculture Handbook No. 456)

Preparation
Wash dry beans in cold water. Soaking shortens cooking time and insures that the beans will hold their shape.

Soaking: Overnight Method - Add 6 cups of cold water to every pound of dry beans. Let stand overnight, or for several hours, in a cool place.

Quick-Soak Method - Boil 3 cups of water for each cup of dry beans. Add beans and boil for another 2 minutes. Remove from heat and allow to soak for 1 hour.

Recipes

NAVY PEA SOUP

Ingredients	96 Servings Weights	Measures	Directions
* Dried navy or pea beans	10 lb		1. Heat water, beans and ham bone to boiling. Boil 2 minutes and remove from heat and let stand 1 hour.
Ham bone or ham hocks		1 large bone	2. Stir in remaining ingredients. Heat to boiling; reduce heat, cover, and simmer until beans are tender. Add water during cooking if necessary.
Water		5 gal	3. Remove ham bone or hocks; cut ham from bone and stir into soup.
* Tomatoes		2 gal	
Carrots, shredded		2 cups	
Salt		2-1/2 cups	
Dried sweet basil		1-1/2 Tbsp	
Pepper		To taste	

SERVING: 1 cup provides 1/2 cup cooked dry beans and 1/4 cup of vegetable.

Tested by State school food service

HOT GERMAN BEAN SALAD

Ingredients	50 Servings Weights	Measures	Directions
* Dry navy beans	2-1/2 lb		1. Wash and sort dry beans. Place in large kettle and cover with water.
* Canned kidney beans		1/2 No. 10 can	2. Bring to a boil and cook 1 minute.
Onions, chopped		3 cups	3. Remove from heat, cover, and let stand 1 hour.
Oil		1 cup	4. Bring to a boil again and simmer until beans are soft - about 2 hours. Drain beans well.
* Flour		1 cup	5. Cook onion in oil until soft.
Dry mustard		1-1/4 tsp	6. Stir in flour, dry mustard, celery seed, and salt; cook and stir until smooth and pasty.
Celery seed		1-1/4 tsp	7. Add vinegar and water; cook and stir until smooth and thickened. Combine with beans and mix gently.
Salt		1/4 cup	8. Heat slowly until warm throughout. Prepare ahead and refrigerate until needed. Heat before serving.
Vinegar		2-1/2 cups	
Water		1 qt 1 cup	

SERVING: 1/2 cup provides 3/8 cup of cooked dry beans or 3/8 cup of vegetable.

Tested by the Michigan Bean Commission

* Donated by the U.S. Department of Agricuture

VEGETABLES

AND

FRUITS

Facts About USDA Commodities

APPLES, Fresh

Ingredients

Fresh apples, U.S. No. 1 grade, of the following varieties may be available:

Cortland*	McIntosh	Stayman*
Delicious	Newton Pippin	Winesap
Golden Delicious*	Red Delicious	Yellow Newton*
Ida-Red*	Rome Beauty**	York Imperial**
Jonathan*		

* Dual purpose: eating and cooking ** Good for cooking

Pack Size

Cell or tray pack, 37- to 40-pound case

Yield

Depending on the size of the apple purchased, a 40-pound case may contain between 96 and 150 apples. The fewer apples per case, the larger the individual apple size. Each case shows the apple size by count. The apples are approximately 3-1/8" in diameter for a count of 100, 2-7/8" for a count of 125, and 2-5/8" for a count of 150.

One pound of fresh apples yields 11.4 1/4-cup servings of raw pared fruit. One 2-1/2" apple equals 1/2 cup fruit.

Uses

Serve fresh apples as is or sliced with cheese, peanut butter, or yogurt dip or in salads or baked items.

Storage

Maintaining proper relative humidity and temperature is most important in storing apples. Always refrigerate fresh apples. The optimum storage temperature for apples is 32° F with 90 percent relative humidity. Apples should be stored in their original shipping containers. Keep apples in a well-ventilated area away from walls. These conditions best retard the ripening process and maintain high quality. Avoid temperatures below 32° F. Apples may pick up off-flavors if stored with other foods.

The length of time apples can be held in cold storage varies with the variety and with the condition when harvested. At the temperature and humidity listed above, a generally acceptable storage period for most varieties is 3 months. Apples are best if used within a month or two of receipt. Controlled atmosphere can extend storage life 2 to 4 months.

Nutritional Value

One 2-3/4" apple with skin (about 5/8 cup fruit) provides 81 calories, and:

Protein	0.3 g	Iron	0.2 mg	Thiamin	0.02 mg	Sodium	1 mg
Carbohydrate	21 g	Vitamin A	74 IU	Riboflavin	0.02 mg	Potassium	159 mg
Fat	0.5 g	Vitamin C	7.8 mg	Niacin	0.11 mg	Calcium	10 mg
						Phosphorus	10 mg

(Agriculture Handbook No. 8-9)

Preparation

Fresh apples are harvested mature and shipped hard or firm. The flesh of an apple gradually softens as it ripens. The ripeness can be checked by the apple's resistance to thumb pressure.

To prevent cut apples from browning, dip in a solution of lemon juice and water, consisting of 1 part juice to 3 parts water.

Recipes

PEANUT BUTTER BAKED APPLES WITH CUSTARD SAUCE

Ingredients	50 Servings Weights	50 Servings Measures	Directions
* Baking apples		50 medium	1. Wash and core apples. Blend the brown sugar, flour, butter, and peanut butter. Fill the apple center and place in baking pans. Pour hot water around apples. Bake at 350° F for 45 to 60 minutes. Serve with custard sauce.
Brown sugar		1 qt	
* All-purpose flour		1/2 cup	
* Butter	1/2 lb		
* Peanut butter		1-2/3 cups	
Hot water		1 qt	
Custard sauce:			2. Heat the milk over hot water or trunnion kettle. Sift the dry ingredients and add to hot milk. Cook, stirring constantly, until spoon coats. Add hot mix slowly to egg yolks, beating constantly. Return to stove and cook 10 minutes longer. Add vanilla. Cool and serve over baked apples.
Granulated sugar		3 cups	
* All-purpose flour		2/3 cup	
Salt		1-1/2 tsp	
Milk		3 qt	
Eggs yolks+		18	
Vanilla		2 Tbsp	

+ 12 whole fresh eggs may be substituted for the 18 egg yolks.

SERVING: One apple provides 3/4 cup of fruit.

Tested by the Peanut Growers of Alabama and Georgia

DUTCH DELIGHT WALDORF SALAD

Ingredients	100 Servings Weights	100 Servings Measures	Directions
* Apples, pared & diced	8-1/2 lb		1. Sprinkle apples with lemon juice. Drain fruit cocktail, reserving 1 cup syrup.
* Lemon juice		1 cup	
* Fruit cocktail		2 No. 10 cans	2. Thin mayonnaise with reserved cup of fruit syrup.
Mayonnaise		3 cups	3. Combine all ingredients except nuts. Toss to blend. Chill. Portion with No. 8 scoop onto salad greens.
Celery, chopped	4 lb		
Salt		1 tsp	4. Garnish with 1 tsp peanut granules or other nuts.
* Peanut granules		2-1/4 cups	

SERVING: 1/2 cup provides 1/2 cup of fruit.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

APPLESAUCE, Canned

Ingredients

Canned applesauce, U.S. Grade A (Fancy), in regular (pureed) form with sugar or similar sweetener. Water and/or apple juice may be added.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (108 ounces) of applesauce yields 47.6 1/4-cup servings of fruit. One can contains approximately 12 cups of fruit.

Uses

Canned applesauce is ready for immediate use and may be served at any meal as an accompaniment to entrees or in baked items.

Storage

Unopened, canned applesauce should be stored off the floor in a cool storeroom or in refrigerated storage. Avoid freezing, sudden changes in temperature and exposure to direct sunlight. Rotate use. Temperature changes shorten life and speed deterioration of the applesauce. Store opened canned applesauce in a covered nonmetallic container under refrigeration and use within 2 to 3 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of sweetened applesauce provides 48 calories, and:

Protein	0.1 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	2 mg
Carbohydrate	12.7 g	Vitamin A	7 IU	Riboflavin	0.02 mg	Potassium	39 mg
Fat	0.1 g	Vitamin C	1.1 mg	Niacin	0.12 mg	Calcium	2 mg
						Phosphorus	4 mg

(Agriculture Handbook No. 8-9)

Preparation

Serve chilled applesauce plain, with raisins, or spiced as a side dish or dessert. Applesauce mixed half and half with cranberry sauce is tasty with poultry or pork. Applesauce may be added to meatloaf as a replacement for the liquid. Use applesauce as a topping for pudding, custard pie or ice cream. Hot or cold applesauce with chopped nuts or grated orange rind is a good topping for pancakes, french toast or waffles. Top toasted pound cake with chilled applesauce. Use applesauce as directed in recipes for baked items.

Recipes

TRICKY APPLE DESSERT

Ingredients	100 Servings Weights	Measures	Directions
* Canned applesauce		3 No. 10 cans	1. Combine applesauce, sugar, lemon juice, cinnamon, raisins and butter.
Sugar	3 lb	1-3/4 qt	
* Lemon juice		1-3/4 cups	2. Stir cooked rice into applesauce.
Cinnamon		1/4 cup	3. Pour into 4 baking pans (12"x20"x2-1/2"), 8 lb 6 oz or 3-1/2 qt per pan. Bake 30 minutes at 350° F.
* Raisins	1 lb 4 oz	1 qt	
* Butter	2 lb	1 qt	
* Cooked rice	10 lb 8 oz	1-3/4 gal	

SERVING: 1/2 cup provides 3/8 cup of fruit.

HONEY APPLESAUCE CAKE

Ingredients	96 Servings Weights	Measures	Directions
* Shortening	1 lb 8 oz	3 cups	1. Cream shortening, sugar, and eggs. Stir in honey.
Sugar	1 lb 8 oz	3 cups	
Eggs		9	2. Sift together all dry ingredients.
* Honey	1 lb 9 oz	2-1/4 cups	
* All-purpose flour	3 lb 12 oz	3 qt	3. Add dry ingredients to creamed mixture and blend for 3 to 5 minutes at low speed.
Baking soda		1 Tbsp 1 tsp	
Baking powder		3 Tbsp	
Cinnamon		1 Tbsp	4. Add applesauce and mix for an additional 2 to 3 minutes.
Cloves		1 Tbsp	
Salt		3 Tbsp	5. Fold in raisins.
* Applesauce		1 qt	
* Raisins		1 qt 1 cup	6. Pour into 2 greased pans (18"x26"). Bake at 350° F in conventional oven for 45 to 50 minutes or in convection oven at 325° F for 35 to 40 minutes or until done.
			7. Cool and cut each pan into 48 portions.
			Recipe variation: Dust cake with powdered sugar or top with a light honey or sugar glaze.

SERVING: One serving 2"x2-1/2"x2" provides 1/8 cup of fruit.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

APRICOTS, Canned

Ingredients

Unpeeled whole or halved apricots, U.S. Grade B (Choice) or better, with fruit juice or light syrup. Sugar or similar sweetener may be added.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (106 oz) of whole apricots yields 43.6 1/4-cup portions of fruit and syrup; one No. 10 can of halves yields 48.4 1/4-cup portions of fruit and syrup. Approximate drained pitted weight of one can of whole apricots is 53 ounces; of halves, 62 ounces. There are 26 to 54 halves per No. 10 can.

Uses

Serve canned apricots as packed for desserts, salads, garnishes, or meat accompaniments; or in recipes for main dishes with shrimp, poultry, pork, lamb, or fish; or in recipes for breads, cakes, cookies, desserts, glazes, or beverages.

Storage

Store unopened canned apricots off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten life and speed deterioration. Store opened canned apricots covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows the maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of canned apricots in light syrup provides 40 calories, and:

Protein	0.3 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	2 mg
Carbohydrate	10.4 g	Vitamin A	836 IU	Riboflavin	0.01 mg	Potassium	87 mg
Fat	Trace	Vitamin C	2 mg	Niacin	0.19 mg	Calcium	7 mg
						Phosphorus	8 mg

(Agriculture Handbook No. 8-9)

Preparation

Serve apricots chilled with syrup, or chilled and drained as part of fruit salads, or as a garnish for cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes. Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying apricots.

Recipes

APRICOT OATMEAL CHEWS

Ingredients	50 Servings Weights	Measures
Sugar		2 cups
* Butter or margarine		10 oz
Cinnamon		2 Tbsp
Baking soda		1 Tbsp 1 tsp
Eggs		4
Apricot syrup, drained from apricots		1/2 cup
Vanilla extract		2 tsp
* Apricot halves, drained and coarsely chopped		1-1/2 qt
* Oats		3 cups
* Flour		5 cups
* Raisins		2 cups

Directions

1. Combine sugar, butter or margarine, cinnamon, and baking soda; blend well.
2. Add eggs, apricot syrup, vanilla extract, drained and chopped apricot halves, oats, flour, and raisins; pour into greased sheet pan (18"x26").
3. Bake at 350° F 20 to 25 minutes or until puffed and brown.

VARIATION: Sprinkle peanut granules over oatmeal batter before baking.

Note: Recipe may be doubled.

SERVING: One bar provides 1/8 cup of fruit.

RICE THAT'S NICE

Ingredients	100 Servings Weights	Measures
* Canned apricot halves in light syrup		2 No. 10 cans
Water		as needed
Salt		2 Tbsp
* Enriched long-grain rice	5 lb 10 oz	
* Salad oil		4 tsp
Onions, chopped	2 lb	about 1-1/4 qt
Celery, chopped	2 lb	2 qt
* Butter or margarine	8 oz	1 cup
Carrots, shredded	2 lb	2-1/2 qt
Bean sprouts	2 lb	1 gal
* Frozen peas	2 lb	1-3/4 qt
Iceberg lettuce, shredded	2 lb	2-1/2 qt
Large eggs, cooked pancake style and cut into strips, or scrambled		50
Soy sauce		2 cups
Garlic salt		4 tsp
Pepper		1/4 tsp
* Peanuts, optional		1 lb
Green onions or parsley, chopped, optional		as needed

Directions

1. Drain apricots well, saving syrup. Coarsely chop apricots.
2. Add water to syrup to measure 1-1/2 gallons. Add salt; bring to boil.
3. Scale 1 lb 6-1/2 oz rice into each of 4 pans (12"x20"x2-1/2").
4. Pour 1-1/2 qt boiling syrup mixture into each pan. Add 1 tsp oil to each.
5. Cover tightly with foil. Bake in conventional oven at 350° F or in a convection oven at 300° F for 25 to 30 minutes.
6. Uncover; fluff with fork.
7. Cook onions and celery in butter until limp.
8. Into each pan add onions and celery (about 2-1/2 cups), 2-1/2 cups carrots, 1 qt bean sprouts, 1-3/4 cups peas, 2-1/2 cups lettuce, 2-1/2 cups eggs, 1 cup soy sauce mixed with garlic salt and pepper, and about 1 qt apricots.
9. Cover tightly with foil. Bake in conventional oven at 350° F or in a convection oven at 300° F for 20 to 25 minutes to heat through only.
10. If desired, garnish with peanuts and green onions.

SERVING: 1 cup provides 1/2 of a large egg, 1/2 cup vegetable and fruit, and 1/2 cup of cooked rice.

Tested by the California Apricot Advisory Board

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

BLUEBERRIES, Frozen

Ingredients
Blueberries, U.S. Grade B or better,
Either native type (wild) or cultivated type,
individually quick-frozen.

Pack Size
30-pound carton

Yield
One pound of thawed unsweetened blueberries will provide 11.7 1/4-cup servings.

Uses
Serve thawed blueberries as is, or in fruit cups, salads, and hot or cold cereals; as well as in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.

Storage
Store unopened, frozen blueberries at 0° F or below, off the floor and away from walls to allow circulation of cold air. Under proper storage conditions, blueberries can keep up to 18 months. Drastic changes in temperature downgrade quality. Store opened thawed blueberries in a covered nonmetallic container, under refrigeration, and use within 2 to 4 days.

Nutritional Value
A 1/4-cup serving of unsweetened, frozen blueberries provides 20 calories, and:

Protein	0.2 g	Iron	0.1 mg	Thiamin	0.01 mg	Sodium	Trace
Carbohydrate	4.7 g	Vitamin A	32 IU	Riboflavin	0.01 mg	Potassium	21 mg
Fat	0.2 g	Vitamin C	1.0 mg	Niacin	0.20 mg	Calcium	3 mg
						Phosphorus	4 mg

(Agriculture Handbook No. 8-9)

Preparation
Rinse and drain frozen berries just before serving. Add frozen blueberries last to fruit salads or other mixtures so as not to crush the berries or discolor other fruits. To lighten the color of blueberries and blueberry juice (to appear more red) add an acid such as lemon juice, grapefruit, or orange juice.

To avoid streaking of color through batter and doughs in baking, use frozen blueberries and coat with flour or dry ingredients. Add to batter at once. Do not refreeze blueberries.

Recipes

BLUEBERRY BRAN MUFFINS

Ingredients	96 Servings Weights	Measures
Bran cereal	1-1/2 lb	2 qt
Milk		2 qt 1 cup
* All-purpose flour enriched	3 lb	3 qt
Sugar	7 oz	1 cup
Baking powder	2-7/8 oz	1/2 cup
Salt	3/4 oz	1 Tbsp
* Frozen blueberries	4-1/4 lb	3 qt 1/2 cup
Eggs	15-1/4 oz	9 large
* Vegetable oil	14-7/8 oz	2 cups

Directions

1. In mixer bowl, combine cereal and milk. Using flat paddle, mix at low speed for 15 to 30 seconds to moisten all the cereal. Let stand 5 minutes.
2. Combine flour, sugar, baking powder, and salt. Stir in frozen blueberries.
3. Add eggs and oil to cereal mixture. Mix at low speed for 1 minute. Scrape sides of bowl.
4. Add flour mixture. Mix at low speed just until thoroughly combined, about 45 seconds.
5. Use a No. 20 scoop to portion batter into well-greased muffin pans. (Batter for each muffin weighs about 3 oz).
6. Bake in a conventional oven at 400° F or a convection oven at 375° F for 25-30 minutes until golden brown.

Note: Reconstituted nonfat dry milk may be used instead of fresh milk.

SERVING: One muffin, 2-3/4 inches in diameter, provides 1/8 cup of fruit and 1-1/4 servings of bread.

BLUEBERRY DESSERT SQUARES

Ingredients	100 Servings Weights	Measures
* Shortening	2 lb	1 qt 3/4 cup
Brown sugar	4-1/2 lb	2 qt
Eggs	15-1/4 oz	9 large
Baking soda	1 oz	2-2/3 Tbsp
* Frozen blueberries, thawed	4-1/4 lb	3 qt 1/2 cup
* All-purpose flour, enriched	3-1/2 lb	3-1/2 qt
Cinnamon, ground	2/3 oz	2-2/3 Tbsp
Salt	1-7/8 oz	2-1/2 Tbsp
Cloves, ground	1/3 oz	4 tsp
Glaze:		
Lemon juice or orange juice	2-1/3 oz	1/4 cup (about)
Confectioner's sugar, sifted	6-3/4 oz	2 cups

Directions

1. Combine shortening and brown sugar. Using flat paddle beat at medium speed until fluffy, 3 to 5 minutes.
2. Add eggs to shortening mixture. Beat at low speed 30 seconds, then beat at medium speed 1 minute.
3. Stir baking soda into thawed blueberries. Set aside.
4. Combine flour with cinnamon, salt, and cloves; mix well.
5. Alternately add one-fourth of the flour mixture and one-third of the blueberry mixture to the shortening mixture. Beat 30 to 45 seconds after each addition; then scrape the side of the bowl.
6. Portion the batter into 2 generously greased sheet pans (18"x26") using about 7-2/3 pounds of batter for each pan. Spread the batter evenly in pans.
7. Bake in a convection oven at 325° F for 20 to 25 minutes or in a conventional oven at 350° F for 30 to 35 minutes, until wooden pick inserted 2" from the edge comes out clean.
8. Cool in pans on racks 15 minutes. Cut each pan into 50 portions.
9. Make glaze: Stir lemon juice into the confectioner's sugar. Drizzle over each pan of squares.

SERVING: One piece 3-1/4"x2-1/2" provides 1/8 cup of fruit.

Tested by the North American Blueberry Council

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CHERRIES, Frozen

Ingredients
Red, tart, pitted cherries (U.S. Grade B) and sugar.

Pack Size
30-pound can (25 pounds pitted cherries; 5 pounds dry sugar in cap on top of fruit)

Yield
One pound of thawed cherries yields 7 1/4-cup portions of fruit and juice.
One pound of cooked cherries yields 5.9 1/4-cup portions of fruit and juice.

Uses
Serve thawed cherries as is in fruit cups or salads; as a topping for pudding, ice cream, custard, or cake; or use in recipes for jellied salads, desserts, pies, puddings, cobblers, or quickbreads. If frozen cherries are substituted in recipes for canned, unsweetened cherries, adjust the recipe for sugar.

Storage
Keep unopened cherries frozen and store off the floor and away from walls for good air circulation at 0° F or below. Stack cans tightly together to prevent temperature fluctuation. Temperature changes shorten life and speed deterioration of the cherries. Use within 24 months of the pack date. Store opened thawed cherries, in a covered nonmetallic container, under refrigeration and use within 2 to 4 days.

Nutritional Value
A 1/4-cup serving of frozen, red, tart, pitted cherries provides 58 calories, and:

Protein	0.7 g	Iron	0.2 mg	Thiamin	0.02 mg	Sodium	1 mg
Carbohydrate	14.5 g	Vitamin A	122 IU	Riboflavin	0.03 mg	Potassium	128 mg
Fat	Trace	Vitamin C	0.6 mg	Niacin	0.11 mg	Calcium	8 mg
						Phosphorus	10 mg

(Agriculture Handbook No. 8-9)

Preparation
The sugar (5 pounds per can) is packed as a cap on top of the fruit (25 pounds per can). Before use, thoroughly mix the fruit and sugar to assure that the cherries are uniformly sweetened.

Thaw in the original container in the refrigerator between 36° and 45° F. Allow 2 to 3 days to thaw (approximately 2 hours per pound).

Recipes

CHERRY CAKE PUDDING

Ingredients	50 Servings Weights	Measures	Directions
* Butter or margarine, melted	1/2 lb	1 cup	1. Pour melted butter over the bottom of a steamtable pan (12"x20"x2-1/2").
* Flour		3 cups	2. Sift flour, sugar, dry milk, baking powder, and salt into a mixing bowl.
Sugar		3-1/2 cups	
* Nonfat dry milk		1 cup	3. Add water to flour mixture; stir only until well blended; spread batter evenly over melted butter.
Baking powder		2 Tbsp	
Salt		1/2 tsp	4. Pour thawed cherries and juice gently over batter. (Batter will rise over cherries during baking to form a cake layer on top.)
Water		2-3/4 cups	
* Tart cherries, thawed, plus 2 cups cherry juice		7 lb	5. Bake at 350° F about 45 minutes or until browned. Cut 5x10.

SERVING: One piece provides 1/8 cup of fruit.

SPICED CHERRY GELATIN SALAD

Ingredients	50 Servings Weights	Measures	Directions
* Tart cherries, thawed	5 lb		1. Drain thawed cherries and save the juice. Add water if needed to juice to make 2 quarts.
Cherry juice or juice/water		2 qt	
Brown sugar		1 cup	2. Add brown sugar, cinnamon, and cloves to juice; put on stove and bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat.
Cinnamon		1 tsp	
Cloves, ground		1/2 tsp	
Cherry-flavored gelatin	1 lb 8 oz		3. Dissolve gelatin in hot cherry juice; add cold water and mix well.
Cold water		1-1/2 qt	
Celery, chopped fine		2 cups	4. Pour gelatin in a steamtable pan (12"x20"x2-1/2") and chill until slightly thickened.
			5. Add drained cherries and chopped celery; chill until firm. Cut 5x10.

SERVING: One piece 2"x2-1/2" provides 1/8 cup of fruit.

Tested by the National Red Cherry Institute

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CORN, WHOLE KERNEL,
Canned (Liquid Pack)

Ingredients
Whole kernel corn, U.S. Grade B, Choice or better, with water. Sugar and salt may be added.

Pack Size
6 No. 10 cans per case

Yield
One No. 10 can (106 ounces) of whole kernel corn will yield 46.4 1/4-cup servings of drained heated vegetable. Drained weight of one can is approximately 70 ounces (11-1/2 cups) of vegetable.

Uses
Canned corn is ready for immediate use and can be used in soups, stews, chowders, stuffings, relishes, fritters, and main dishes.

Storage
Unopened canned corn should be stored off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten life and speed deterioration of the corn. Store opened canned corn covered in a nonmetallic container, under refrigeration, and use within 2 to 4 days. The chart shows the maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	72	36	18

Nutritional Value
A 1/4-cup serving of drained corn provides 36 calories, and:

Protein	1.1 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	101 mg
Carbohydrate	8.5 g	Vitamin A	150 IU	Riboflavin	0.02 mg	Potassium	42 mg
Fat	0.3 g	Vitamin C	2.0 mg	Niacin	0.39 mg	Calcium	2 mg
						Phosphorus	21 mg

(Agriculture Handbook No. 8)

Preparation
Add flavor interest to canned corn with any of a number of seasonings: celery, onion or garlic salt, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper. Add variety to corn by mixing several kinds of vegetables together: corn with okra, tomatoes, green peppers, or onions. Well-drained corn may be added to cornbread batter. Prepared barbecue sauce may be used to flavor corn; use 1/2 cup per No. 10 can.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned corn will become overcooked when held too long in a hot steamtable or holding cabinet. Schedule heating of canned corn so it will be served soon after heating.

Recipes

MEXICAN CORN

Ingredients	100 Servings Weights	Measures	Directions
Onions, frozen, chopped	1 lb	1 qt	1. Cook onions and green peppers in margarine until tender.
Green peppers, frozen, chopped	1 lb 4 oz	1 qt	2. Add pimientos and chili powder.
* Butter or margarine	8 oz	1 cup	
Pimientos, chopped	8 oz	1 cup	3. Heat corn to boiling. Boil gently 5 minutes. Drain.
Chili powder		3 Tbsp	
* Corn, whole kernel		4 No. 10 cans	4. Stir onion mixture into hot drained corn. Mix well.

SERVING: 1/2 cup provides 1/2 cup of vegetable.

CHICKEN-CORN CASSEROLE

Ingredients	100 Servings Weights	Measures	Directions
Onions, frozen, chopped	8 oz	2 cups	1. Cook onions, green peppers, and celery in margarine until tender.
Green peppers, frozen, chopped	10 oz	2 cups	2. Stir in flour, salt, and pepper.
Celery, chopped	8-1/2 oz	2 cups	3. Gradually stir in chicken broth. Cook, stirring constantly, until thickened.
* Butter or margarine	10-1/2 oz	1-1/3 cups	
* Flour	12 oz	2-2/3 cups	4. Mix hot mixture with corn, chicken, and cheese.
Salt		2 Tbsp	5. Pour into 4 baking pans (12"x20"), about 3-1/2 qt or 7 lb 12 oz per pan.
Pepper		2 tsp	
Skimmed chicken broth, unsalted, heated		1-1/4 gal	6. Mix breadcrumbs with melted butter. Sprinkle evenly over mixture in pans, about 2-3/4 ounces per pan.
* Whole kernel corn, drained		2 No. 10 cans	7. Bake at 350° F (moderate oven) for 45 minutes or until bubbly and crumbs are lightly browned.
* Cooked chicken, diced	9 lb 8 oz	2 gal	
* Process cheddar cheese, shredded	1 lb 6 oz	1-1/2 qt	VARIATION: TURKEY-CORN CASSEROLE: Use turkey broth and cooked turkey in place of chicken broth and cooked chicken.
Breadcrumbs, dry, fine	7-1/2 oz	2 cups	
* Butter or margarine, melted	4 oz	1/2 cup	

SERVING: 1/2 cup provides the equivalent of 1-3/4 ounces of cooked lean meat and 1/4 cup of vegetable.

Tested by the U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

FIG NUGGETS

Ingredients

Fig nuggets are extruded fig pieces about the size of raisins - 3/8"x3/8"x3/8". They contain ground fig paste (57.7%), dextrose (12.1%), starch (4.8%), apple fiber powder (4%), hydrogenated vegetable oil (1.8%), glycerine (6.5%), and corn syrup solids (13.1%).

Pack Size

25 lb container

Yield

One pound of fig nuggets is equal to about 3 cups. Because fig nuggets are only about one-half dried figs, one pound of fig nuggets provides 6 1/4-cup servings (12 1/8-cup servings) of fruit for USDA's Child Nutrition Programs.

Uses

Fig nuggets may be used in the same kinds of foods as raisins, dates, or other dried fruits. Because they are free-flowing (do not stick together), they can easily be incorporated as a flavorful and nutritious ingredient in a wide range of recipes. Note: Fig nuggets are a ground product so they will dissolve in hot liquid. Therefore, add fig nuggets to such foods as hot cereals or hot puddings just before serving.

Storage

Store fig nuggets in a cool, dry place at 55° F or below. Shelf life is about one year. Avoid humidity above 50%. Once opened, packages should be tightly resealed and refrigerated or frozen. Fig nuggets freeze well and thaw quickly.

Nutritional Value

A 1/4-cup serving of fig nuggets provide 125 calories and:

Protein	0.9 g	Iron	1.9 mg	Thiamin	0.02 mg	Sodium	6 mg
Carbohydrate	26.6 g	Vitamin A	--	Riboflavin	--	Potassium	243 mg
Fat	1.7 g	Vitamin C	1.5 mg	Niacin	0.24 mg	Calcium	46 mg
						Phosphorus	--

(California Fig Industry)

Preparation

- Add to granola mixtures or combine with other dried fruits and nuts.
- Mix into favorite roll, muffin, or quick bread recipes.
- Include in fresh fruit cups, in fruit compotes; or, before baking apples, fill cavities with fig nuggets, chopped nuts, and cinnamon.
- Try a carrot-fig salad or a Waldorf salad with fig nuggets.
- Team with stuffings and pilafs or other rice mixtures.
- Fold into pancake or waffle batter or sprinkle on hot or cold cereals.
- Add to apple crisp, Brown Betty, fruit cobbler recipes, or rice or bread puddings.
- Add fig nuggets to cookie, cake, or brownie recipes.

Recipes

APPLE/FIG OATMEAL BARS

Ingredients	98 Servings Weights	Measures
DOUGH		
* Flour, all-purpose, sifted	1 lb 11 oz	1 1-1/2 qt
Salt		1 Tbsp
Brown sugar, packed	1 lb 5 oz	3 cups
* Butter	1 lb	2 cups
* Rolled oats	1 lb 1 oz	1-1/2 qt
FILLING		
* Applesauce	4 lb 9 oz	2
* Fig nuggets	2 lb 14 oz	2 qt 1/2 cup
Nutmeg		1-1/2 tsp
Cinnamon		3/4 tsp
Sugar, granulated	11 oz	1-1/2 cups
* Butter	5 oz	2/3 cup

Directions

1. Sift flour and salt together. Place in mixer and blend in brown sugar. Cut in butter until mixture is the size of small peas. Add the rolled oats and mix. Set aside.
2. In a separate mixing bowl, combine the applesauce, fig nuggets, nutmeg, and cinnamon.
3. Spread 2-3/4 qt of dough evenly on a well-greased sheet pan (18"x26"x1").
4. Spread the filling evenly over the dough. Sprinkle with granulated sugar and dot with butter. Pat on the remaining 2 qts of dough to cover filling.
5. Bake at 400° F for 45-50 minutes until golden on top. Cool on wire rack.
6. Cut 14x7.

SERVING: 1 bar (2-1/2"x1-3/4") provides 1/8 cup of fruit.

FIG NUGGET BRAN MUFFINS

Ingredients	100 Servings Weights	Measures
Water		2/3 cup
* Nonfat dry milk	4-1/2 oz	1-3/4 cups
Bran cereal	1 lb 1 oz	1 qt 3-3/4 cups
* Fig nuggets	3 lb	1-3/4 qt
Large eggs, slightly beaten		9
* Butter, softened	1 lb 1 oz	2 cups 2 Tbsp
* Honey	8 oz	2/3 cup
* Applesauce	15 oz	1-3/4 cups
Vanilla	3 oz	1/4 cup 2 Tbsp
* Flour, all-purpose	2 lb	1-3/4 qt
Salt	1-1/2 oz	2-1/2 Tbsp
Baking powder	3 oz	1/2 cup
Cinnamon		1-1/2 tsp

Directions

1. In mixer, reconstitute nonfat dry milk. Add bran cereal and mix gently. Add fig nuggets, eggs, and butter. Mix until blended. Add honey, applesauce, and vanilla, blending well.
2. In a separate bowl, sift together the flour, salt, baking powder and cinnamon.
3. Combine with bran cereal mixture until just blended.
4. Portion 2 oz (No. 16 scoop) muffin batter into well-greased muffin pans (2/3 full).
5. Bake at 400° F for 15-20 minutes. Serve warm.

SERVING: 1 muffin provides 1 serving of bread.

FIG COOKIE-BARS

Ingredients	98 Servings Weight	Measures
* Flour, all-purpose	1 lb 13 oz	1 qt 2-1/2 cups
Baking powder		1/4 cup
Salt		1 tsp
Cinnamon		1 tsp
* Butter	11 oz	1-1/3 cups
Sugar	11 oz	1-1/2 cups
Eggs		3
Vanilla		3 Tbsp
* Honey	10 oz	3/4 cup
* Lemon juice		1-1/2 Tbsp
* Milk, whole or nonfat dry milk, reconstituted	1 lb 3 oz	2 cups
* Fig nuggets	2 lb 3 oz	1 qt 2-1/2 cups

Directions

1. Sift flour, baking powder, salt and cinnamon together; set aside.
2. In mixer, cream butter and sugar until light and fluffy. Add egg and beat well. Add vanilla, honey and lemon juice.
3. Alternately blend in the flour mixture and the milk, beginning and ending with the flour. Beat until smooth after each addition.
4. Fold in the fig nuggets. Pour or spoon batter into well-greased (18"x26"x1") sheet pan. Bake at 325° F (with a pan of water in the oven) for 45-50 minutes until top springs back when touched. Cool on wire rack.
5. Cut 14x7.

SERVING: 1 bar (2-1/2"x1-3/4").

Tested by the California Fig Industry

* Donated by the U.S. Department of Agriculture

FIG NUGGETS

Facts About USDA Commodities

GREEN BEANS, Canned

Ingredients
Green beans, U.S. Grade B or better, whole, cut, or sliced lengthwise (french style).

Pack Size
6 No. 10 cans per case

Yield
One No. 10 can (101 oz) of cut green beans will yield 45.3 1/4-cup servings of heated vegetable. Drained weight of one No. 10 can is approximately 60 ounces (12-7/8 cups).

Uses
Canned green beans are ready for immediate use and can also be used in soups, salads, and main dishes.

Storage
Store unopened canned green beans off the floor in a cool, dry place. Avoid freezing or exposure to sunlight. Sudden changes in temperature shorten shelf life and speed deterioration of the green beans. Opened, canned green beans may be kept refrigerated 2 to 4 days, covered and in a nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value
A 1/4-cup serving of drained, cut style, green beans with no added salt provides 6 calories, and:

Protein	0.4 g	Iron	0.3 mg	Thiamin	Trace	Sodium	85 mg
Carbohydrate	1.5 g	Vitamin A	118 IU	Riboflavin	0.02 mg	Potassium	37 mg
Fat	Trace	Vitamin C	1.6 mg	Niacin	0.07 mg	Calcium	9 mg
						Phosphorus	6 mg

(Agriculture Handbook No. 8-11)

Preparation
Add flavor interest to canned green beans by using herbs and spices. Season green beans with caraway, dill, or sage.

Serve green beans in white sauce sparked with chipped beef or bacon bits; or serve green beans creole with onion salt, a bay leaf, and a pinch of nutmeg.

Combine green beans and red peppers; or combine green beans, broccoli, mushrooms, and onions.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green beans will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green beans so they will be served soon after heating.

Recipes

SAN JOAQUIN GREEN BEANS

Ingredients	100 Servings Weights	100 Servings Measures	Directions
* Canned green beans		4 No. 10 cans	1. Drain beans, saving liquid. Fry bacon crisp; do not drain.
Bacon, diced	2 lb		2. Add reserved liquid, raisins, and dill to bacon. Simmer about 5 minutes.
* Raisins		3 qt	3. Add beans, heat through.
Dill weed		3 Tbsp	

SERVING: 1/2 cup provides 1/2 cup of vegetable.

THREE BEAN SALAD

Ingredients	100 Servings Weights	100 Servings Measures	Directions
* Canned green beans		2 No. 10 cans	1. Drain all beans well. Rinse kidney beans with cold water and drain.
* Canned kidney beans		1 No. 10 can	2. Combine beans with chopped onions and green peppers.
Canned wax beans		1 No. 10 can	3. Place in steamtable pan.
Onion, chopped		1 No. 10 can	4. Make a dressing with the oil, vinegar, sugar, salt, and pepper.
Green peppers, chopped		3 large	5. Pour the ingredients together and mix well.
DRESSING:			6. Pour the dressing over the bean and onion mixture.
* Salad oil		3 cups	7. Marinate the vegetables in dressing overnight. Serve chilled.
Vinegar		3 cups	
Sugar		3 cups	
Salt		3 Tbsp	
Pepper		1 Tbsp	VARIATION: Use 1 No. 10 can of lima beans instead of wax beans.

SERVING: 1/2 cup provides 1/2 cup of vegetable.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

GREEN BEANS, Frozen

Ingredients
Green Beans, U.S. Grade B or better, whole french, or cut style.

Pack Size
12 2-1/2-pound packages, 6 5-pound packages, or 30-pound bulk container

Yield
One pound cut green beans will yield 11.6 1/4-cup servings of cooked vegetable.

Uses
Serve frozen green beans plain or use in a variety of main dishes, soups, and salads.

Storage
Store unopened frozen green beans off the floor and away from walls in freezer at 0° F or below. Temperature changes shorten life and speed deterioration of the green beans. Use within 12 months of pack date. Opened, thawed green beans should be stored in a covered nonmetallic container and used within 2 to 4 days.

Nutritional Value
A 1/4-cup serving of cooked, drained green beans provides 9 calories, and:

Protein	0.5 g	Iron	0.3 mg	Thiamin	0.02 mg	Sodium	4 mg
Carbohydrate	2.1 g	Vitamin A	180 IU	Riboflavin	0.02 mg	Potassium	38 mg
Fat	Trace	Vitamin C	2.8 mg	Niacin	0.14 mg	Calcium	16 mg
						Phosphorus	8 mg

(Agriculture Handbook No. 8-11)

Preparation
Cook frozen green beans only until tender and crisp; they will continue to cook when held on a hot steamtable or in a holding cabinet. Green beans will become overcooked if held too long. Schedule cooking of frozen green beans so they will be served soon after cooking. Green beans, like most frozen vegetables, can be cooked without thawing.

Add flavor to green beans with herbs and spices such as caraway, dill, or sage.

Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, mushrooms, or onions.

Add a sauce to green beans, such as white sauce sparked with chipped beef bits, or serve green beans creole with a pinch of nutmeg, onion salt, and a bay leaf.

Recipes

LYONNAISE GREEN BEANS

Ingredients	100 Servings Weights	Measures	Directions
* Frozen green beans	20 lbs		1. Add beans to salted water. Uncovered, bring to gentle boil for 10 minutes, or until tender. Drain and reserve 1 qt liquid. Set beans and liquid aside.
Salt	3 oz	4-1/2 Tbsp	
Water, boiling		2 gal	
Dry onions, sliced	4 lb	3-1/2 qt	
* Butter	1 lb	2 cups	2. Saute onions in butter until light yellow. Add onions and 1 qt reserved liquid to beans. Add pepper and mix lightly.
Black pepper		1 tsp	

SERVING: 1/2 cup provides 1/2 cup of vegetable.

VEGETABLE MEDLEY SCALLOP

Ingredients	100 Servings Weights	Measures	Directions
* Frozen green beans	6 lb		1. Thoroughly mix green beans, cauliflower, carrots, onions, cheese, bacon, and soup. Spread evenly in ungreased pan (12"x20"x4").
Frozen cauliflower, cooked, drained	3 lb		
Frozen carrot coins	3 lb		2. Mix cornflake crumbs with cheese and melted butter. Set aside to use for topping.
Dehydrated onions, minced	1 oz		
* Cheddar cheese, grated	8 oz		3. Place potato rounds evenly over vegetables in each pan. Sprinkle 2-1/2 cups cornflake topping evenly over potato rounds in each pan.
Bacon, fried	1 lb		
Cream of mushroom soup		2 49-oz cans	
Cornflake crumbs	1 lb 8 oz		
Parmesan cheese, grated	8 oz		4. Bake at 350° F for 30 minutes. Portion using No. 8 scoop.
* Butter, melted	1 lb		
* Potato rounds	6 lb		

SERVING: 1/2 cup provides 3/8 cup of vegetable.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

GREEN PEAS, Canned

Ingredients
Green peas of the sweet or early variety, U.S. Grade B or better.

Pack Size
6 No. 10 cans per case

Yield
One No. 10 can (105 oz) of canned green peas yields 44.2 1/4-cup portions of heated vegetable. One No. 10 can equals about 69 oz (11-1/2 cups) drained vegetable.

Uses
Canned green peas are ready for immediate use in soups, salads, and main dishes.

Storage
Unopened, canned green peas should be stored off the floor in a cool, dry place. Avoid freezing or exposure to sunlight. Sudden changes in temperature shorten shelf life and speed deterioration of the green peas. Opened canned green peas may be kept refrigerated 2 to 4 days, covered, in a nonmetallic container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	72	36	18

Nutritional Value
A 1/4-cup serving of drained green peas provides 30 calories, and:

Protein	1.9 g	Iron	0.4 mg	Thiamin	0.05 mg	Sodium	93 mg
Carbohydrate	5.3 g	Vitamin A	326 IU	Riboflavin	0.03 mg	Potassium	74 mg
Fat	0.1 g	Vitamin C	4.0 mg	Niacin	0.31 mg	Calcium	8 mg
						Phosphorus	28 mg

(Agriculture Handbook No. 8-11)

Preparation
Add flavor interest to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.

Serve canned green peas with small new potatoes, pearl onions, and/or turnips.

Combine green peas with carrots and dill seed; or combine green peas with onions and chopped pimento.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long in a hot steamtable or holding cabinet. Schedule heating of canned green peas so they will be served soon after heating.

Recipes

COUNTRY STYLE PEAS

Ingredients	100 Servings Weights	Measures	Directions
Onions, chopped		1-1/2 qt	1. Saute onion and green pepper until tender.
Green peppers, chopped		2 cups	2. Add ham, saute until lightly browned.
Ham, cooked, diced	4 lb		3. Stir in remaining ingredients. Heat to serve.
* Peas, drained		4 No. 10 cans	
Parsley, chopped		2 cups	Note: Cooked frozen green peas may be substituted for canned peas.
Pepper		1 tsp	

SERVING: 1/2 cup provides 1/2 ounce of meat and 1/2 cup of vegetable.

TURKEY SALAD

Ingredients	100 Servings Weights	Measures	Directions
* Turkey, cooked, diced	2-1/2 lb		1. Sprinkle diced turkey with lemon juice and salt. Refrigerate overnight.
* Lemon juice		1/2 cup	
Salt		1 Tbsp	2. Combine vegetables and dressing with meat.
Celery, diced	6 lb		3. Refrigerate and serve.
Lettuce, pieces	3 lb		
* Green peas, chilled	2-1/2 lb		Note: Frozen cooked green peas may be substituted for canned peas.
Salad dressing		1-1/2 qt	

SERVING: 1 cup provides 2 ounces of cooked poultry and 3/8 cup of vegetable.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

GREEN PEAS, Frozen

Ingredients
Frozen peas, U.S. Grade B or better, with no additives except salt used during processing.

Pack Size
12 2-1/2-pound packages, 6 5-pound packages, or 30-pound container

Yield
One pound of frozen green peas yields 10.1 1/4-cup servings of cooked vegetable.

Uses
Serve cooked frozen green peas alone or in soups, salads, and main dishes.

Storage
Unopened, frozen green peas should be kept frozen and stored off the floor and away from walls at 0° F or below. Temperature changes shorten life and speed deterioration of the green peas. Use within 14 months of pack date. Store opened thawed green peas in a covered nonmetallic container and use within 2 to 4 days.

Nutritional Value
A 1/4-cup serving of cooked green peas with no added salt provides 32 calories, and:

Protein	2 g	Iron	0.6 mg	Thiamin	0.11 mg	Sodium	35 mg
Carbohydrate	5.7 g	Vitamin A	267 IU	Riboflavin	0.04 mg	Potassium	67 mg
Fat	0.1 g	Vitamin C	4.0 mg	Niacin	0.59 mg	Calcium	10 mg
						Phosphorus	36 mg

(Agriculture Handbook No. 8-11)

Preparation
Add flavor interest to frozen green peas by seasoning them with basil, mint, marjoram, or oregano.

Serve green peas with small new potatoes, pearl onions, and/or turnips.

Combine green peas with carrots and dill seed; or combine green peas with onions and chopped pimento.

Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steamtable or in a holding cabinet. Green peas will become overcooked if held too long; schedule cooking of frozen green peas so they will be served soon after cooking. Most frozen vegetables can be cooked without thawing.

Recipes

LAYERED LETTUCE SALAD

Ingredients	100 Servings Weights	100 Servings Measures
Lettuce, shredded		8 heads
Celery, diced		2 qt
Eggs, hard cooked, chopped		32
* Frozen peas	5 lb	
Green pepper, chopped		1 qt
Onion, diced		8 medium
Bacon, cooked	3 lb	
Mayonnaise		1 gal
Sugar		1 cup
* Cheddar cheese	2 lb	

Directions

1. Layer first seven ingredients in order. Combine mayonnaise and sugar; spread evenly over top of salad.
2. Sprinkle with cheese.
3. Cover and refrigerate 8 to 12 hours.

SERVING: 1/2 cup provides the equivalent of 1/4 ounce of cooked lean meat and 1/2 cup of vegetable.

CHICKEN POT PIE

Ingredients	100 Servings Weights	100 Servings Measures
* Chicken	45 lb	
Celery, chopped		3/4 qt
Onions, chopped		1 cup
Carrots, chopped		1-1/4 gal
* Frozen peas		3/4 gal
* Butter		3 cups
* All-purpose flour	1-1/2 lb	
Stock, chicken		2-1/2 gal
Salt		5 Tbsp
Pepper		2 tsp
Biscuit Topping		
* All-purpose flour	7-1/2 lb	
* Nonfat dry milk	1-1/4 lb	
Baking powder	5 oz	
Salt		3-1/2 Tbsp
* Shortening		1-1/2 qt
Water		2-1/8 qt

Directions

1. Boil chicken until tender. Remove chicken from stock and take meat off of bones.
2. Add celery, onions, and carrots to stock and continue simmering until all are tender, approximately 20 minutes. Drain off chicken stock; set aside for use later. Place layers of chicken, cooked vegetables, and uncooked peas in each of 4 greased roasting pans (18"x24"). Combine butter, flour, salt, pepper, and stock to make a sauce. Pour approximately 1 gallon sauce over each roasting pan of chicken and vegetables. Top with biscuit topping.
3. Mix flour, milk, baking powder, and salt in mixer bowl. Add shortening. Mix on low speed about 1 minute or until mixture resembles coarse corn meal. Gradually add water and mix on low speed about 1/2 minute or until dough is just formed. DO NOT OVERMIX. Place dough onto lightly floured board. Knead lightly about 1 minute or until dough is smooth. Divide dough into 4 portions. Roll out to a uniform 1/2" thickness (approx. 18"x24"). Cover chicken mixture with dough. Prick dough. Bake at 425° F for 12 to 15 minutes until topping is browned and mixture bubbles.

SERVING: 2/3 cup plus biscuit topping provides 2-1/2 ounces of cooked poultry, 1/4 cup of vegetable, and 2 servings of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

GREEN PEAS, FROZEN

Facts About USDA Commodities

INSTANT MASHED POTATOES, Dehydrated

Ingredients

Dehydrated instant mashed potatoes may be flakes or granules. Fortified with vitamins A and C.

Pack Size

Six 5-pound packages or 6 No. 10 cans per case.

Yield

One pound of flakes or granules yields 48.6 1/4-cup portions when reconstituted.

Uses

Serve plain as a mashed vegetable or in combination with other foods, such as "Shepherd's Pie." You may also use mashed potatoes as a base for creamed chicken, or turkey or potato soup.

Storage

Store unopened in a cool, dry place off the floor. Store opened potatoes in a refrigerator in airtight containers. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months:			
Package	12	6	3
Can	24	12	6

Nutritional Value

1/4-cup of reconstituted potato flakes (water, milk, margarine, and salt added) provides 59 calories, and:

Protein	1 g	Iron	0.1 mg	Thiamin	0.06 mg	Sodium	174 mg
Carbohydrate	7.9 g	Vitamin A	94 IU	Riboflavin	0.02 mg	Potassium	122 mg
Fat	2.9 g	Vitamin C	5 mg	Niacin	0.35 mg	Calcium	26 mg
						Phosphorus	30 mg

(Agriculture Handbook No. 8-11)

Preparation

PREPARING INSTANT MASHED WHITE POTATOES
(Flakes and Granules)

Ingredients	100 Servings Weights	Measures	Directions
FLAKES			
Boiling water		2 gal 1 qt	1. Pour liquids into mixing bowl. Add butter or margarine.
Warm milk		3 qt	2. Add instant potatoes and salt to liquids.
* Butter or margarine	12 oz	1-1/2 cups	3. Stir 1/2 minute to moisten potatoes. Stir an additional 1/2 minute to fluff. Avoid overmixing. (For best results, do not use a mixer.)
* Potato flakes	4 lb 2 oz		
Salt		2 Tbsp	
			4. Serve with No. 8 scoop (1/2 cup).
GRANULES			
Boiling water		1-3/4 gal	1. Pour liquids into mixing bowl.
Warm milk		2 qt 1-1/2 cups	2. Add instant potatoes and salt to liquids.
* Butter or margarine	12 oz	1-1/2 cups	3. Stir 1/2 minute to moisten potatoes. Beat 1 minute until fluffy.
* Potato granules	4 lb 2 oz	2 qt 1-1/2 cups	
Salt		2 Tbsp	4. Serve with No. 8 scoop (1/2 cup).

SERVING: 1/2 cup provides 1/2 cup of vegetable.
Note: Reconstituted nonfat dry milk may be used instead of fresh milk.

Recipe

SHEPHERD'S PIE

Ingredients	100 Servings Weights	Measures	Directions
* Ground beef	17 lb 12 oz		1. Cook beef and onions until well done. Add carrots, green peas, salt, and flour. Cook 10 minutes.
Carrots		1 No. 10 can	
* Green peas		1 No. 10 can	
Onions	1 lb 7 oz		2. Put in pans (12"x20"x2-1/2") and top with whipped potatoes. Cook in oven for 20 minutes at 350° F.
Salt		1/3 cup	
* Flour		1/3 cup	
Whipped Potatoes			
* Potato granules	3 lb		
* Butter	1/2 lb		
Salt		1 Tbsp	
Water		3 qt	

SERVING: 3/4 cup provides 2 ounces of cooked meat and a 1/2 cup of vegetable.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

LEMON JUICE CONCENTRATE, Frozen

Ingredients

Frozen lemon juice concentrate (3 to 1), unsweetened.

Pack Size

32-fluid-ounce can

Yield

One 32-fluid-ounce can of concentrated lemon juice yields 64 tablespoons of concentrate (1 tablespoon is equivalent to 1/4 cup fruit juice). One can reconstituted with 3 cans water yields approximately 16 cups full-strength juice (128 fluid ounces).

Uses

Use lemon juice concentrate to make lemonade or full-strength lemon juice. Dip apples, pears, and bananas in lemon juice to prevent browning. Use lemon juice in salads, sauces, and desserts, and on seafood.

Storage

Unopened frozen lemon juice concentrate should be kept frozen and stored off the floor and away from walls at 0° F or below. Temperature changes shorten life and speed deterioration of the lemon juice. Use within 18 months of pack date. Store opened thawed lemon juice in a covered nonmetallic container, under refrigeration.

Nutritional Value

A 1/4-cup serving of reconstituted lemon juice concentrate provides 13 calories, and:

Protein	0.2 g	Iron	0.1 mg	Thiamin	0.02 mg	Sodium	12 mg
Carbohydrate	4.0 g	Vitamin A	9 IU	Riboflavin	0.01 mg	Potassium	62 mg
Fat	0.2 g	Vitamin C	15.1 mg	Niacin	0.12 mg	Calcium	6 mg
						Phosphorus	5 mg

(Agriculture Handbook No. 8-9)

Preparation

Thaw unopened cans of frozen concentrate in the refrigerator. Allow 8 hours to thaw. Space containers on shelves for good air circulation.
Do not refreeze.

Lemon juice: Add 3 parts water to 1 part concentrate and stir briskly.

Lemonade: Dissolve 6 pounds sugar in 1/2 gallon hot water; cool. Stir in 32-fluid-ounce can frozen lemon juice concentrate and 5-1/2 gallons ice water. Makes 7-1/2 gallons.

Recipes

FRESH FRUIT SALAD

Ingredients	100 Servings Weights	Measures
Bananas	16 lb	
* Apples	8 lb	
Oranges	8 lb	
* Nuts	4 lb	
Mayonnaise	12 lb	
* Lemon juice, reconstituted		2 qt
Sugar	8 lb	

Directions

1. Dice the oranges, apples, and bananas. Add nuts, mayonnaise, lemon juice, and sugar. Mix well.
2. Portion with a No. 8 scoop.

VARIATION:
Use melons and/or other seasonal fruits.

SERVING: 1/2 cup provides 1/2 ounce of nuts and 1/2 cup of fruit.

LEMON PIE COOKIES

Ingredients	100 Servings Weights	Measures
Crust		
* Shortening	6-1/2 oz	1 cup
* Butter	10 oz	1-1/4 cups
Sugar, powdered	8 oz	1-1/2 cups
* All-purpose flour	1 lb 4 oz	1 qt 3/4 cup
Topping		
Eggs, dried whole	4-1/2 oz	1-1/2 cups
Sugar, granulated	2 lb 5 oz	5-1/4 cups
* All purpose flour	2 oz	1/2 cup
Water		1-1/2 cups
* Lemon juice concentrate		1/2 cup

Directions

1. Cream butter and shortening in mixing bowl. Add powdered sugar and flour. Mix together until crumbly.
2. Put dough in sheet pan. Prick holes in dough with a fork.
3. Bake for approximately 20 minutes or until lightly browned in a conventional oven at 350° F, or a convection oven at 325° F.
4. In mixing bowl combine powdered eggs, sugar, and flour.
5. Gradually add water and lemon juice. Mix well and pour over hot crust.
6. Return cookies to oven for approximately 15 minutes or until just firm to the touch.
7. While still hot, sprinkle with powdered sugar. Cool and serve.

SERVING: One cookie 2"x2-1/4".

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

MIXED FRUIT, Canned

Ingredients

Canned mixed fruit, U.S. Grade B or better: diced peaches, diced pears, and whole seedless grapes packed in fruit juice or light syrup. Sugar or similar sweetener may be added.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (106 oz) of mixed fruit will yield 46.9 1/4-cup servings of fruit and juice. Drained weight of one can is approximately 69 oz (9-1/4 cups) fruit.

Uses

Serve canned mixed fruit as is for desserts, salads, or meat accompaniments; or in recipes for breads, cakes, or desserts.

Storage

Store unopened canned mixed fruit off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration of the fruit. Avoid freezing. Store opened canned mixed fruit under refrigeration in a covered nonmetallic container, and use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of canned mixed fruit (peaches, pears, and grapes, with light syrup) provides 34 calories, and:

Protein	0.3 g	Iron	0.3 mg	Thiamin	0.01 mg	Sodium	3 mg
Carbohydrate	8.9 g	Vitamin A	106 IU	Riboflavin	0.01 mg	Potassium	54 mg
Fat	Trace	Vitamin C	1.3 mg	Niacin	0.22 mg	Calcium	3 mg
						Phosphorus	7 mg

(USDA/Human Nutrition Information Service/Nutrient Data Research)

Preparation

Serve mixed fruit chilled with syrup, or chilled and drained as part of fruit salad, or to garnish cottage cheese. Combine with other fresh, canned, or frozen fruit for fruit cup or compotes. Add mixed fruit to gelatin. Use as directed in recipes specifying mixed fruit or fruit cocktail.

Recipes

CALICO TRIFLE

Ingredients	100 Servings Weights	Measures	Directions
* Canned mixed fruit	.....	2 No. 10 cans	1. Drain mixed fruit, saving syrup for part of liquid in gelatin.
Day-old yellow or pound cake, diced	About 3 lb	.....	2. Place about 2-1/2 qt cake cubes into each of two pans (12"x20"x2-1/2").
Prepared custard, slightly cooled	.....	1 gal	3. Pour 2 qt custard over cake in each pan and chill to set. Meanwhile prepare gelatin layer.
Strawberry flavored gelatin	1 24-oz pkg	.....	4. Measure syrup from mixed fruit. Add water to make 3-1/2 qt. Heat to simmering and use to dissolve strawberry gelatin.
Hot water	.....	As needed	5. Blend in lemon juice and reserved fruit cocktail and chill until slightly thickened. Spoon over custard layer and chill until firm.
Reserved fruit syrup	.....	As needed	6. Cut each pan 5x10 (50 servings per pan).
* Lemon juice	.....	1/2 cup	7. Garnish each serving with 1-1/2 tablespoons whipped topping, if desired.
Whipping topping (optional)	.....	1 qt	

SERVING: One piece 2"x2-1/2" provides 1/8 cup of fruit.

FRUIT PARFAIT

Ingredients	96 Servings Weights	Measures	Directions
* Canned mixed fruit or diced cling peaches	.....	2 No. 10 cans	1. Drain fruit.
Whipped topping	.....	2 32-oz cartons	2. Whip topping according to package directions, adding flavoring and tinting a delicate color if desired.
Flavoring: peppermint, mint, or almond	.....	.....	3. Fold drained fruit and marshmallows into whipped topping.
Cinnamon	.....	3 Tbsp	4. Turn into 2 pans (12"x20"x2-1/2"). Chill.
Food coloring: red, green, yellow (optional)	.....	.....	5. To serve, spoon into dishes or use No. 8 scoop (1/2 cup).
Marshmallows, miniature or quartered	2 lb	1 gal	

SERVING: 1/2 cup provides 1/8 cup of fruit.

Tested by the CLING PEACH ADVISORY BOARD

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

MIXED VEGETABLES, Frozen

Ingredients

A mix of carrots, corn (sweet golden or yellow whole kernel), and green peas (early or sweet type), Grade B.

Pack Size

12 2-1/2 lb packages, 6 5-lb packages, or 30-lb bulk container

Yield

One pound of cooked mixed vegetables provides 8.1 1/4-cup servings.

Uses

Serve cooked mixed vegetables alone, or add to main dishes or soups.

Storage

Keep unopened frozen mixed vegetables in the freezer stored off the floor and away from walls at 0° F or below. Temperature changes shorten life and speed deterioration of the vegetables. Use within 12 months of pack date. Store opened thawed mixed vegetables in a covered, nonmetallic container, under refrigeration, and use within 2 to 4 days.

Nutritional Value

A 1/4-cup serving of cooked mixed vegetables (corn, lima beans, snap beans, green peas, and carrots) with no added salt provides 27 calories, and:

Protein	1.3 g	Iron	0.4 mg	Thiamin	0.03 mg	Sodium	16 mg
Carbohydrate	6.0 g	Vitamin A	1946 IU	Riboflavin	0.05 mg	Potassium	77 mg
Fat	0.1 g	Vitamin C	1.4 mg	Niacin	0.39 mg	Calcium	11 mg
						Phosphorus	23 mg

(Agriculture Handbook No. 8-11)

Preparation

Marinate cooked mixed vegetables and serve chilled.

Schedule cooking of frozen mixed vegetables so they will be served soon after they are cooked. Most frozen vegetables can be cooked without thawing.

Cook mixed vegetables only until tender but crisp; they may continue to cook when held before or during service. Mixed vegetables will become overcooked if held too long; cook batches of a size that can be served in a short time.

Recipes

VEGETABLE SALAD

Ingredients	100 Servings Weights	Measures	Directions
* Macaroni	7 lb		1. Cook macaroni in boiling salted water. Rinse with cold water and drain.
* Frozen mixed vegetables	10 lb		
* Cheddar cheese	6-1/2 lb		2. Cook vegetables according to package directions. Drain and cool.
Salad dressing		4 qt	
Salt		4 Tbsp	3. Mix together macaroni, vegetables, cheese, salad dressing, and seasonings.
Onion salt		4 Tbsp	
Pepper		2 Tbsp	4. Chill and serve on lettuce leaves.
Lettuce		1 head	

SERVING: 1/2 cup provides 1-ounce serving of cheese, 1/8-cup serving of vegetable, and 1-1/4 servings of bread.

Tested by a State school food service

VEGETABLE SCALLOP WITH PEANUT GRAVY

Ingredients	50 Servings Weights	Measures	Directions
* Frozen mixed vegetables	10 lb		1. Simmer vegetables with bacon, salt, rosemary, and water until tender. Do not overcook. Drain, reserving 1 qt vegetable water for making gravy.
Raw chopped bacon	1/2 lb		
Salt		2 tsp	
Rosemary		1 tsp	2. Melt butter and peanut butter over low heat. Blend in flour, vegetable water, and savory. Bring to a boil and cook several minutes, stirring constantly.
Water		1-1/2 qt	
* Butter		1/4 cup	
* Peanut butter		2 cups	3. Pour in a baking pan, add vegetables, and top with buttered crumbs.
* All-purpose flour		1/4 cup	
Savory		1/4 tsp	4. Bake for 5 minutes at 350° F. Serve hot.
Crushed saltines		2 cups	
* Melted butter or margarine		1/4 cup	

SERVING: 1/2 cup provides 1/2 tablespoon of peanut butter and 3/8 cup of vegetable.

Tested by the Peanut Growers of Alabama and Georgia

* Donated by the U.S. Department of Agriculture

MIXED VEGETABLES, FROZEN

Facts About USDA Commodities

PEACHES, Canned

Ingredients

Canned peaches, U.S. Grade B, or better; halves, quarters, slices or diced of the yellow freestone or yellow clingstone varieties. May be packed with fruit juice or light syrup. Sugar or similar sweetener might be added.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (106 oz) of peach halves will yield 47.1 1/4-cup servings of peach halves and juice: 64 oz (8-1/8 cup) drained cling peach halves or about 60 oz (6-2/3 cup) drained freestone peach halves. One No. 10 can provides approximately 30-35 cling peach halves. One No. 10 can (106 oz) peach slices will yield 47.5 1/4-cup servings of peach slices and juice.

Uses

Serve canned peaches as is for desserts, salads, garnishes, or meat accompaniments; or in recipes for main dishes, breads, cakes, cookies, desserts, or beverages.

Storage

Store unopened canned peaches off the floor in a cool dry place. Temperature changes shorten life and speed deterioration of the peach. Avoid freezing. Opened canned peaches should be refrigerated covered, in a nonmetallic container, and used within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of canned peaches with light syrup provides 34 calories, and:

Protein	0.3 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	3 mg
Carbohydrate	9.1 g	Vitamin A	222 IU	Riboflavin	0.02 mg	Potassium	61 mg
Fat	Trace	Vitamin C	1.5 mg	Niacin	0.37 mg	Calcium	2 mg
						Phosphorus	7 mg

(Agriculture Handbook No. 8-9)

Preparation

Serve peaches chilled with syrup, or chilled and drained as part of fruit salad, or to garnish cottage cheese. Combine with other fresh, canned, or frozen fruit for fruit cups or compotes. Add peaches to gelatin. Serve peaches drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying peaches.

Recipes

RAISIN BRAN MUFFINS WITH PEACHES

Ingredients	100 Servings Weights	Measures
Boiling water		3 cups
Bran cereal	1 lb 6 oz	2 qt 1 cup
* All-purpose flour	2 lb 2 oz	1 qt 3 cups
Light brown sugar	1 lb 10 oz	1 qt
Salt	1 oz	1-1/2 Tbsp
* Nonfat dry milk	1 lb 3 oz	
Soda	1-1/2 oz	3-1/2 Tbsp
Cinnamon, ground	3/4 oz	3 Tbsp
Ginger, ground		1 tsp
Eggs		6
Water		1 qt 1/2 cup
Vinegar, cider		2 Tbsp
* Shortening, melted	12 oz	2 cups
* Raisins	8 oz	1-3/4 cups
* Cling peaches, diced or chopped, drained		1 qt

Directions

1. Pour boiling water over bran; let stand while preparing remaining ingredients.
2. Weigh or measure flour, sugar, salt, dry milk, soda, and spices. Mix on low speed to blend in 20 qt bowl of mixer.
3. Add remaining ingredients (bran, eggs, water, vinegar, melted shortening, raisins, and cling peaches). Mix on low speed just to blend; do not overmix.
4. Using a No. 24 scoop, fill greased 3" cupcake pans 3/4 full. Bake in 350° F (moderate oven) about 20 to 25 minutes.

SERVING: One 3" muffin provides 1 serving of bread.

CRUNCHY TOPPED PEACH BREAD PUDDING

Ingredients	96 Servings Weights	Measures
Sugar	2 lb 4 oz	
Salt		2-1/4 Tbsp
Nutmeg		1 Tbsp
Cinnamon		2-1/2 Tbsp
Eggs		30
Vanilla		1/3 cup
* Nonfat dry milk, reconstituted		1-1/2 gal
* Butter or margarine		1/3 cup
* Diced cling peaches in light syrup		3 No. 10 cans
Bread cubes, dry	3 lb	
Topping:		
* Butter or margarine		3/4 cup
Bread crumbs, dry	1-1/2 lb	
Sugar		1/2 cup
Cinnamon		1-1/2 tsp
* Peanut granules		1-1/2 cups

Directions

1. Combine and blend together sugar, salt, nutmeg, and cinnamon.
2. Beat eggs slightly and gradually beat in sugar mixture and then vanilla.
3. Scald milk and add butter to melt. Slowly beat into egg-sugar mixture.
4. Drain peaches, saving syrup for other uses.
5. Divide bread equally, 1 lb into each of 3 pans (12"x20"x2-1/2").
6. Add peaches over bread cubes, about 2-1/4 qt per pan.
7. Carefully pour on egg-milk mixture.
8. Melt butter and blend together with crumbs, sugar, cinnamon, and peanut granules.
9. Sprinkle about 2-1/2 cups mixture over top of each pan.
10. Bake in moderately slow oven (325° F) about 1 hour 15 minutes. Let stand 15 minutes or more before cutting. Cut each pan 4 x 8 (32 servings per pan). May be served warm or cold.

SERVING: 1/2 cup provides 1/4 cup of fruit.

Tested by the Cling Peach Advisory Board

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

PEARS, Fresh

Ingredients

Fresh pears, U.S. No. 2 Grade or better, of the following winter varieties may be available: Bosc or Anjou.

Pack Size

45-pound case

Yield

Depending on the size of the pear, a 45-pound case may contain 135 to 165 pears. The fewer the pears per case, the larger the individual pear size. Each case shows the pear size by count. A "count" of 150 means 150 pears per case.

One small fresh pear (size 150) provides about 1/2 cup of fruit.
One pound of fresh pears yields 7.1 1/4-cup servings of fresh pared, cubed fruit.

Uses

Serve fresh pears as is, or use in salads or desserts. Serve baked or as a garnish to main dishes.

Nutritional Value

One 2-1/2" diameter, 3 1/2" long pear with skin provides 98 calories, and:

Protein	0.6 g	Iron	0.4 mg	Thiamin	0.03 mg	Sodium	1 mg
Carbohydrate	25 g	Vitamin A	33 IU	Riboflavin	0.07 mg	Potassium	208 mg
Fat	0.7 g	Vitamin C	6.6 mg	Niacin	0.17 mg	Calcium	19 mg
						Phosphorus	18 mg

(Agriculture Handbook No. 8-9)

Storage

The best storage temperature for pears is 29° to 31° F, although 32° F is acceptable, with a relative humidity of 90 percent. Keep pears in a well-ventilated area away from walls.

The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested. A generally acceptable storage period for most winter varieties is 3 months.

Preparation

Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving.

Ripen fruit in original containers at 65° to 72° F and, if possible, 95 percent relative humidity. Indications of being ripe are a yellow skin color and when the flesh gives to gentle palm pressure.

Use diced fresh pears in stuffing for fish, pork, or poultry, or broiled with hamburgers. Add sliced, ripened pears to fresh fruit salad.

To prevent cut pears from browning, dip in a lemon juice and water solution, made up of 1 part juice to 3 parts water.

Recipe

PEAR HALF FILLED WITH CARROT SALAD

Ingredients	100 Servings Weights	100 Servings Measures
* Fresh pears		50
or		or
* Canned Bartlett pear halves		100
* Canned crushed pineapple, drained	2 lb	1 qt
Carrots, shredded	5-1/4 lb	1 gal 1-1/4 qt
* Raisins, plumped, drained	1 lb 10 oz	1 qt
* Lemon juice	1 oz	2 Tbsp
Salad dressing	2 lb	1 qt
Lettuce leaves	1-1/2 lb	100

Directions

1. Wash, cut in half, and core fresh pears or drain canned pear halves. Refrigerate.
2. Drain pineapple. Combine pineapple, carrots, raisins, lemon juice, and salad dressing. Mix well and refrigerate until chilled.
3. Place each pear half, cut side up, on a lettuce leaf. Portion 1 #16 scoop (1/4 cup) of carrot salad into each pear hollow.

SERVING: One salad provides 1/2 cup of vegetables and fruits.

Tested by the Pacific Coast Canned Pear Service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

PEARS, BARTLETT, Canned

Ingredients

Bartlett pears, canned, U.S. Grade B or better. Can be halves, quarters, slices, or diced; natural flavor; packed in light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (105 oz) of pear halves yields 52 1/4-cup servings of fruit and juice (approximately 52 halves). One No. 10 can (106 oz) of diced pears yields 47.6 servings of fruit and juice. Approximate drained weight of a No. 10 can of halves is 62 oz (7-3/4 cups); of diced, 66 oz (9-1/2 cups). One pear half provides about 1/4 cup fruit.

Uses

Serve canned Bartlett pears for breakfast or lunch; as is for desserts, salads, garnishes, or meat accompaniments; in recipes for main dishes with cheese, meat, or poultry; or in recipes for cakes, desserts, breads, or salads.

Storage

Unopened canned pears should be stored off the floor in a clean dry place, well ventilated, moderately cool but not at freezing temperature, and protected against insect and rodent infestation. Temperatures of 50° to 70° F are recommended. Rotate use. After opening, store canned pears, covered and in a nonmetallic container, under refrigeration and use within 2 to 4 months.

Temperature	40° F	70° F	90° F
Shelf life in months	36	18	9

Nutritional Value

A 1/4-cup serving of canned pears, in light syrup, provides 36 calories, and:

Protein	0.1 g	Iron	0.2 mg	Thiamin	0.01 mg	Sodium	3 mg
Carbohydrate	9.5 g	Vitamin A	0	Riboflavin	0.01 mg	Potassium	41 mg
Fat	Trace	Vitamin C	0.5 mg	Niacin	0.10 mg	Calcium	3 mg
						Phosphorus	4 mg

(Agriculture Handbook No. 8-9)

Preparation

Serve canned pears chilled in juice or light syrup, or chilled and drained as part of a salad or dessert. Canned pears may also be used in baked cobblers, crisps, etc. They also may be served at breakfast, alone or over cereal. Canned pears may be combined with fresh fruit or gelatin in a salad or dessert.

Recipes

PEAR-CINNAMON SCONES

Ingredients	48 Servings Weights	Measures
* Canned Bartlett pears, diced	3 lb 8 oz	2 qt
Biscuit mix	3 lb	2 qt
Sugar	4 oz	1/2 cup
* Butter, melted	4 oz	1/2 cup
Eggs, slightly beaten	10 oz	1-1/4 cups
Mashed potatoes, prepared, cold	16 oz	2-1/4 cups
Milk		2 cups
Pear juice, reserved from pears		1 cup
Milk		As needed
Sugar		3/4 cup
Cinnamon		2 Tbsp

Directions

1. Drain pears, reserving juice.
2. Combine biscuit mix and sugar.
3. Blend butter, eggs, and mashed potatoes until mixed. Stir into dry mixture with milk and reserved pear juice to form a dough. Fold in drained pears.
4. Turn half of dough onto floured board. Roll or pat into rectangle 1/2" thick. Cut into 12 4" squares. Cut each square diagonally in half.
5. Brush scones with milk and sprinkle with mixed cinnamon and sugar. Place on ungreased sheet pans. Repeat with remaining half of dough.
6. Bake in 425° F (218° C) oven for 15 minutes or until lightly browned.

SERVING: One scone provides 1/8 cup of vegetable and fruit and 1 serving of bread.

PEAR-RAISIN COBBLER

Ingredients	96 Servings Weights	Measures
* Canned Bartlett pears, sliced		4 No. 10 cans
Cinnamon Sauce:		
Sugar, granulated	1 lb 2 oz	2-1/4 cups
Cornstarch	7-1/2 oz	1-1/2 cups
Cinnamon, ground		2 Tbsp
Nutmeg, ground		1 Tbsp
* Pear juice, reserved from pears		1 gal
* Lemon juice	6 oz	3/4 cup
Dark corn syrup	1 lb	1-1/2 cups
* Raisins, plumped	1 lb 5 oz	1 qt
Pie crust mix, dry	6 lb	
Milk		As needed

Directions

1. Drain pears, reserving juice. Set aside.
2. Combine sugar, cornstarch, and spices. Blend into pear and lemon juices. Add corn syrup. Cook and stir until thickened and clear. Remove from heat and allow to cool slightly.
3. Place 3 qt drained pears into each of 3 pans (12"x20"x2"). Sprinkle 1-1/3 cups raisins over pears in each pan. Pour 1-1/2 qt sauce over pears in each pan.
4. Prepare pie crust mix according to package instructions. Divide dough into 3 pieces. Roll each into a 12"x20" rectangle. Place over pears in each pan. Cut slits in crust to allow steam to escape. Brush with milk.
5. Bake at 400° F (205° C) for 40 minutes. Cut each pan 4x8 (32 servings).

SERVING: One portion 3"x3-1/2" provides 1/2 cup of fruit.

Tested by the Pacific Coast Canned Pear Service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

PINEAPPLE, Canned

Ingredients

Sliced, tidbits, chunks, or crushed pineapple Grade B (choice) or better (U.S. Grade A for crushed), with light syrup or pineapple juice. The crushed pineapple will be coarse cut. Sugar or similar sweetener may be added.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (106 oz) of pineapple chunks yields 50 1/4-cup servings of fruit and juice; one No. 10 can (107 oz) crushed pineapple yields 49.3 1/4-cup servings of fruit and juice; one No. 10 can (107 oz) pineapple slices yields 47.5 1/4-cup servings of fruit and juice (about 1-1/2 slices). Approximate drained weight of one can of pineapple chunks is 66 ounces (10 cups); of slices, 62 ounces (9-1/3 cups or 60 slices); and of crushed pineapple is 74 ounces (10-7/8 cups).

Uses

Serve canned pineapple as packed for salads, garnishes, desserts, or meat accompaniment; or in recipes for main dishes with shrimp, poultry, pork, lamb, or fish; or in recipes for breads, cakes, cookies, desserts, or beverages.

Storage

Unopened pineapple should be stored off the floor in a cool, dry place. Avoid freezing. High temperatures reduce storage life. Store opened canned pineapple, covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of canned pineapple slices packed in light syrup provides 33 calories, and:

Protein	0.2 g	Iron	0.2 mg	Thiamin	0.06 mg	Sodium	1 mg
Carbohydrate	8.5 g	Vitamin A	9 IU	Riboflavin	0.02 mg	Potassium	66 mg
Fat	0.1 g	Vitamin C	4.8 mg	Niacin	0.18 mg	Calcium	9 mg
						Phosphorus	4 mg

(Agriculture Handbook No. 8-9)

Preparation

Serve pineapple chilled with juices or syrup, or chilled and drained as part of fruit salads, or to garnish cottage cheese. Combine with other canned, fresh, or frozen fruit for fruit cups or compotes. Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying pineapple.

Recipes

PINEAPPLE-MACARONI SURFERS SALAD

Ingredients	100 Servings Weights	Measures
* Macaroni	2 lb 12 oz	2-1/2 qt
Boiling water		2 gal
Salt	4 oz	1/2 cup 2 Tbsp
* Canned pineapple tidbits, well drained	4 lb 8 oz	No. 10 can
Celery, chopped	2 lb 10 oz	2-1/2 qt
Green pepper, chopped	1 lb 4 oz	1 qt
Dill pickle, chopped	1 lb 8 oz	1 qt
Green onion, chopped	7-1/2 oz	2 cups
* Cheddar cheese, diced	1 lb 8 oz	1-1/4 qt
Mayonnaise		1-1/4 qt
Seasoned salt	1-1/2 oz	3 Tbsp
Prepared mustard	1 oz	2 Tbsp
Dill weed		1 Tbsp

Directions

1. Cook macaroni in boiling water with salt about 10 minutes, until barely tender. Drain, rinse with cold water, and cool.
2. Add well-drained pineapple, celery, green pepper, pickle, onions, and cheese.
3. Mix mayonnaise, seasoned salt, mustard, and dill weed together. Pour over salad mixture and toss lightly to blend.
4. Portion with No. 8 scoop (1/2 cup) and serve on lettuce.

SERVING: About 1/2 cup provides 1/4 cup of vegetable and fruit and 1/4 cup of cooked pasta.

PINEAPPLE TRADE WINDS BREAKFAST BREAD

Ingredients	100 Servings Weights	Measures
* Butter or margarine	2 lb	1 qt
Sugar	4 lb	2-1/4 qt
Eggs		12 large
* All-purpose flour	7 lb	7 qt
Baking powder	4-1/2 oz	3/4 cup
Salt	2 oz	3 Tbsp
Nutmeg		2 tsp
Cinnamon		2 tsp
* Canned crushed pineapple in juice	6 lb 11 oz	No. 10 can
Unsweetened pineapple or other fruit juice		2 cups
* All-purpose flour	2 lb 4 oz	2-1/4 qt
Brown sugar	1 lb 4 oz	2-3/4 cups
* Butter or margarine	1 lb 8 oz	3 cups

Directions

1. Cream butter and sugar well.
2. Beat in eggs.
3. Mix flour with baking powder, salt, nutmeg, and cinnamon. Blend into creamed mixture alternately with undrained pineapple and pineapple or other fruit juice.
4. Portion about 2-1/2 qt (5 lb 8 oz) into each of 4 greased pans (12"x20"x2").
5. Blend flour, brown sugar, and butter until crumbly. Sprinkle 1 lb 4 oz (1 qt) evenly over each pan.
6. Bake at 350° F (moderate oven) for 45 to 50 minutes.

SERVING: One piece 2"x3-3/4" provides 1/8 cup of fruit and 2 servings of bread.

Tested by the Pineapple Growers Association of Hawaii

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

POTATOES, Fresh (Baking Type)

Ingredients

Whole, fresh potatoes, Russet Burbanks, U.S. Grade Number 1. Potatoes may have been treated with a sprout inhibitor.

Pack Size

50 pounds per box, 100 or 110 (count not to exceed 5 percent over or under the specified size)

Yield

The approximate weights of the potatoes: 100 count box contains between 95 and 105 potatoes (7-9 oz) and the 110 count box contains between 105 and 115 potatoes (6-8 oz). The average weight of a large potato is about 7 ounces.

One pound of baking potatoes, as purchased, yields 0.81 pound baked potato with skin. A serving of 1/2 of a cooked large potato provides about 1/2 cup vegetable.

Uses

The versatility in creating menu ideas for stuffing or topping freshly baked potatoes is unlimited. Several variations using herbs, spices, meats, cheese, vegetables, and specially blended sauces and gravies can turn a baked potato into a meal.

Storage

Store potatoes in a cool, dry, dark, and well ventilated place. The ideal temperature of 45° F will keep potatoes for 60 - 80 days. Excessive temperatures (above 50° F) encourage sprouting and shriveling. Avoid prolonged exposure to light as it will turn the outer skins green and cause a bitter flavor.
Do not refrigerate potatoes. Below 40° F potato starch turns to sugar and the potato becomes sweet. The increased accumulation of sugar will cause the potato to darken when cooked.

Nutritional Value

One half of a large baked potato including the skin contains 110 calories, and:

Protein	2.3 g	Iron	1.4 mg	Thiamin	0.11 mg	Sodium	8 mg
Carbohydrate	25.5 g	Vitamin A	--	Riboflavin	0.03 mg	Potassium	422 mg
Fat	0.1 g	Vitamin C	13.0 mg	Niacin	1.66 mg	Calcium	10 mg
						Phosphorus	58 mg

(Agriculture Handbook No. 8-11)

Preparation

Soak and scrub to remove dirt but not hard enough to break the skin. Leaving skin on potatoes during cooking is an excellent way to conserve their nutrients. The skin should be pierced with a fork to allow the steam to escape while cooking. This will also prevent possible bursting in the oven.
To prevent excessive shrinkage on the steamtable or in holding warmers, the skin may be coated lightly with a vegetable oil.

For best results avoid wrapping potatoes in foil before baking.

Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil after baking to retain moisture and heat.

Remember that skins are good to eat and are rich sources of important nutrients.

Recipe

BAKED POTATO TOPPED WITH BEEF CHILI

Ingredients	96 Servings Weights	Measures	Directions
* Russet potatoes	24 lb	48 (96 halves)	1. SCRUB POTATOES THOROUGHLY. Prick one end of each potato to allow steam to escape. Wipe dry and rub with shortening or oil.
* Shortening or oil	2 oz	1/4 cup	
* Ground beef (24% fat)	8 lb 5 oz		
Onion, chopped	2 lb	1 qt 1-1/4 cups	2. Place potatoes on sheet pan in 425° F oven for approximately 1 hour or until tender when pressed (internal temperature 210° F).
Garlic powder		1-1/2 tsp	
Chili powder		1/4 cup	
Salt	1/2 oz	1 Tbsp	3. Brown ground beef and onion. Drain well. Add seasonings, crushed tomatoes, and tomato puree. Simmer 1 hour, stirring occasionally. Adjust consistency as desired.
* Canned tomatoes, crushed		1-1/2 No. 10 cans	
Canned tomato puree		1/2 No. 10 can	4. Cut each potato in half. Top each half potato with 1/4 cup beef chili mixture and add 1 oz cheese.
* Cheese, shredded	6 lb		

SERVING: 1/2 potato with 1/4 cup chili mixture and 1 ounce cheese provides 2 ounces of meat/meat alternate and about 3/4 cup of vegetable.

Tested by Washington State Potato Commission

* Donated by U.S. Department of Agriculture

Facts About USDA Commodities

POTATOES, FRENCH FRIES and ROUNDS, Frozen

Ingredients

Oven Fries: Frozen french-fried potatoes, U.S. Grade A (Fancy), that have been crinkle-cut, then fried or blanched in oil. Potato strips will be from 3/8" to 1/2" across and 50 percent or more will be 2" or longer.

Preformed potato rounds: White potatoes, with spices and stablizers (no artifical color, preservatives, or flavor enhancers allowed).

Pack Size

30-pound case containing 6 5-pound sealed containers

Yield

One pound of regular crinkle-cut french fries yields 10.1 1/4-cup servings (about 5-1/2 pieces, 3" long).
One pound of potato rounds yields 10.9 1/4-cup servings (about 4-1/2 pieces).

Uses

Serve french fries or potato rounds as part of any meal; serve plain, seasoned with melted cheese, or with gravy. Use them in stews or casseroles.

Storage

Store frozen potatoes in the original shipping containers off the floor at 0° F or below. Use within 12 months. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully: A 3-foot drop will break about one-third of the pieces.

Nutritional Value

A 1/4-cup serving of oven-heated, unsalted french fries provides 75 calories, and:

Protein	1.2 g	Iron	0.5 mg	Thiamin	0.04 mg	Sodium	11 mg
Carbohydrate	11.5 g	Vitamin A	0	Riboflavin	0.01 mg	Potassium	155 mg
Fat	3.0 g	Vitamin C	3.7 mg	Niacin	0.78 mg	Calcium	3 mg
						Phosphorus	29 mg

A 1/4-cup serving of oven-heated potato rounds provides 64 Calories, and:

Protein	1.0 g	Iron	0.4 mg	Thiamin	0.06 mg	Sodium	214 mg
Carbohydrate	8.8 g	Vitamin A	5 IU	Riboflavin	0.02 mg	Potassium	109 mg
Fat	3.1 g	Vitamin C	2.0 mg	Niacin	0.62 mg	Calcium	9 mg
						Phosphorus	14 mg

(Agriculture Handbook No. 8-11)

Preparation

Keep potatoes frozen until ready to use.
Remove from freezer only the quantity for 1 day's use.
Spread frozen potatoes (rounds or fries) in a single layer on a sheet pan.
This permits sufficient air flow and speeds cooking time. Crowding them in the pan results in soggy potatoes.

OVEN-TYPE CRINKLE-CUT HEATING INSTRUCTIONS
Conventional Oven: 20 to 26 minutes at 450° F.
Convection Oven: 12 to 13 minutes at 425° F.
(Time based on a 2-pan oven load of 2 pounds, 8 ounces per pan.)
Heat until golden brown and crisp. SERVE IMMEDIATELY.

PREFORMED POTATO ROUNDS HEATING INSTRUCTIONS
Conventional Oven: About 24 minutes at 475° F.
Convection Oven: About 15 minutes at 450° F.
(Times based on full oven load, potatoes spread one layer deep.)
Heat until golden brown and crisp. SERVE IMMEDIATELY.

FRY-TYPE CRINKLE-CUT HEATING INSTRUCTIONS
Fill clean deep-fat fryer with fat or oil only to fill line.
Heat 350° - 360° F.
Do not overheat.
Fill basket about 1/2 full. Do not overload.
Fry 2-5 minutes or until golden brown. Drain and season.
SERVE IMMEDIATELY.

If you wish to salt the potatoes, do so just before serving.
Sprinkle with grated cheese, barbecue seasoning, seasoned salt, or onion or garlic powder before serving.

Recipe

CHEESE-POTATO CASSEROLE

Ingredients	100 Servings Weights	Measures	Directions
* Frozen french fried potatoes, diced	15 lb	3-1/4 gal	1. Place 3 lb 2 oz (about 3-1/4 qt) potatoes in each of 4 greased baking pans (12"x20"x2-1/2").
* Butter or margarine	12 oz	1-1/2 cups	2. Melt the larger amount of fat in a stock pot or trunnion kettle; blend in flour and salt. Stir in milk. Cook and stir constantly until thickened.
* All-purpose flour	12 oz	2-3/4 cups	
Salt	4 oz	1/4 cup 2 Tbsp	
* Nonfat dry milk, reconstituted		2 gal	3. Add cheese and stir until blended.
* Cheese, shredded	6 lb 4 oz	1 gal 2-1/4 qt	4. Pour about 5 lb 5 oz (2-1/2 qt) sauce over potatoes in each pan.
Dry bread crumbs	8 oz	2-1/4 cups	5. Combine crumbs and smaller amount of melted fat; sprinkle over potatoes in each pan.
* Butter or margarine, melted.	2 oz	1/4 cup	6. Bake at 350° F about 1 hour until brown. Let stand 30 minutes before serving.

SERVING: About 2/3 cup provides 1 ounce of cheese and 3/8 cup of vegetable.

Tested by the U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

PRUNES

Ingredients

Whole, pitted, dried prunes, U.S. Grade B (choice) or better. Size ranges from small to large.

Pack Size

25-pound carton

Yield

One pound of prunes yields 10.6 1/4-cup portions of dry fruit (about 6 medium prunes). One pound of prunes yields 14.7 1/4-cup portions of cooked fruit and juice.

Uses

Eat dried pitted prunes as is, in stuffings, cereals, salads, or baked items, or as a garnish (hot or cold) for main dishes.

Storage

Store dried pitted prunes in the original shipping containers off the floor in a cool, dry place. Refrigerated storage at 36° to 45° F is preferred, although temperatures up to 70° F are satisfactory. After opening, carefully fold the polybag inside carton, turn carton upside down to seal, and store in the refrigerator. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	18	9	5

Nutritional Value

A 1/4-cup serving of cooked prunes provide 57 calories, and:

Protein	0.6 g	Iron	0.6 mg	Thiamin	0.01 mg	Sodium	1 mg
Carbohydrate	14.9 g	Vitamin A	162 IU	Riboflavin	0.05 mg	Potassium	177 mg
Fat	0.1 g	Vitamin C	1.6 mg	Niacin	0.38 mg	Calcium	12 mg
						Phosphorus	18 mg

(Agriculture Handbook No. 8-9)

Preparation

To "plump" or soften prunes, combine them with an equal amount of hot or cold water or fruit juice (2-1/2 cups per pound). Cover and refrigerate at least 24 hours. After "plumping," prunes may be chopped in the mixing bowl with the paddle or whipped 1 or 2 minutes at medium speed. To cook, bring equal amounts of prunes and water to a boil. Cover, reduce heat, and simmer 7-10 minutes; or pour enough boiling water to cover prunes, cover, and refrigerate at least 24 hours.

Add chopped prunes to quick breads, muffins, cookies, cakes, and stuffings to help retain moisture and add flavor. Use as specified in recipes for baked items, desserts, and salads, or use them whole as a garnish with salads and entrees. Fold in sliced prunes to enhance vegetable dishes. Make dried, pitted prunes easier to chop by mixing in 1 tablespoon of salad oil per pound before chopping.

Recipes

OATMEAL PRUNE BARS

Ingredients	100 Servings Weights	Measures
* Butter or margarine	1-1/2 lb	3/4 qt
Brown sugar, packed	1-1/2 lb	3-1/2 cups
Sugar	3/4 lb	2-1/4 cups
Eggs		6
Vanilla		1 Tbsp
* Pitted prunes	2 lb	1-1/4 qt
* Flour	2 lb	1-3/4 qt
Baking soda		1 Tbsp
Salt		1 Tbsp
Milk+		1/2 qt
* Rolled oats	1-3/4 lb	2-1/2 qt

Directions

1. Cream butter and sugars.
2. Mix in eggs, vanilla, and prunes; beat to blend well.
3. Combine flour, baking soda, and salt; add to creamed mixture alternately with milk.
4. Stir in oats, mixing just to blend.
5. Spread in greased baking pan (18"x26").
6. Bake in 350° F oven for 40 to 45 minutes, until golden.
7. Cool; cut pan 10x10 (100 servings).

+ Reconstituted nonfat dry milk may be used instead of fresh milk.

SERVING: One piece about 1-3/4"x2-1/2".

PRUNE ORCHARD SALAD

Ingredients	100 Servings Weights	Measures
Cabbage, shredded	4 lb	1 gal
Carrots, shredded	2 lb	1-1/4 qt
* Pineapple chunks, drained	1 No. 10 can	
* Pitted prunes, chopped	4 lb	2 qt, 2-2/3 cups
Mayonnaise	1-1/2 lb	3 cups
Yogurt	1 lb	2 cups
Pineapple juice	1 lb	2 cups
* Lemon juice	4 oz	1/4 cup

Directions

1. Combine cabbage, carrots, pineapple, and prunes.
2. Combine mayonnaise, yogurt, pineapple juice, and lemon juice; blend smooth.
3. Add dressing to salad mixture, tossing to blend. Serve chilled.

SERVING: 1/2 cup provides 3/8 cup of vegetable and fruit.

Tested by the California Prune Board

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

PURPLE PLUMS, Canned

Ingredients

Purple plums, U.S. Grade B (choice) or better whole (unpeeled, unpitted) or halves (unpeeled, pitted) in fruit juice or light syrup. Sugar or similar sweetener may be added.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (108 ounces) of whole purple plums yields 52.3 1/4-cup servings of fruit and juice. Approximate drained weight of one can is 59 ounces (7-1/4 cups) of fruit. There are approximately 95 whole plums per No. 10 can.

Uses

Serve purple plums as is for desserts, salads, garnishes, or meat accompaniments, or in recipes for main dishes, baked items, salads, or fruit dishes.

Storage

Store unopened canned purple plums off the floor in a cool storeroom or in refrigerated storage. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten life and speed deterioration of the plums. Store opened canned plums covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	36	18	9

Nutritional Value

A 1/4-cup serving of purple plums in light syrup contains 40 calories, and:

Protein	0.2 g	Iron	0.5 mg	Thiamin	0.01 mg	Sodium	12 mg
Carbohydrate	10.3 g	Vitamin A	166 IU	Riboflavin	0.02 mg	Potassium	58 mg
Fat	Trace	Vitamin C	0.3 mg	Niacin	0.19 mg	Calcium	6 mg
						Phosphorus	8 mg

(Agriculture Handbook No. 8-9)

Preparation

Serve purple plums chilled in syrup or juice or drained, and add to fruit cups or fruit compotes. Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor. Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls. Serve drained and heated or at room temperature as an accompaniment to meat dishes.

Recipes

FRUIT PLUM CRISP

Ingredients	100 Servings Weights	Measures
Filling:		
* Canned plums		3 No. 10 cans
Cornstarch		1-3/4 cups
Water		1-1/2 cups
Crumb Mixture:		
* Flour	6 lb	
Sugar	5 lb 4 oz	
Salt	2 oz	
* Butter or margarine	3 lb 10 oz	

Directions

1. Drain plums and reserve liquid. Pit and chop plums. Dissolve cornstarch in water and add plum liquid. Cook until thick and clear. Add chopped plums.
2. Combine remaining ingredients and mix until crumbly. Press 4 lb 8 oz crumb mixture in greased (12"x20"x2-1/2") cobbler pan. Spread 1 gal 3 cups of filling over crumb mixture. Sprinkle 3 lb crumb mixture over filling. Bake at 400° F for 35 to 40 minutes, or until lightly browned. Cool before serving.

SERVING: 1/2 cup provides 3/8 cup of fruit.

SUGAR PLUM PUDDING CAKE

Ingredients	100 Servings Weights	Measures
* Butter or margarine	1 lb 10 oz	3-3/4 cups
Sugar	3 lb 12 oz	2 qt
Eggs	1 lb	10
* All-purpose flour	2 lb 8 oz	2-1/2 qt
Salt		2 tsp
Soda	1 oz	2 Tbsp 1/2 tsp
Cinnamon	3/4 oz	3 Tbsp
Nutmeg		1-2/3 Tbsp
Buttermilk		1-1/4 qt
* Drained chopped plums	1 lb 4 oz	1 qt
Glaze		
* Butter or margarine	1 lb 4 oz	2-1/2 cups
Buttermilk		2-1/2 cups
Sugar	2 lb	4-1/2 cups
Vanilla		2 Tbsp

Directions

1. Cream butter and sugar. Add eggs and mix thoroughly.
2. Sift together dry ingredients and add alternately with buttermilk. Add plums and mix lightly.
3. Pour batter into 2 greased baking pans (18"x26"x1"). Bake about 60 minutes at 350° F. Remove from oven and pour glaze over top while still hot. Cut each pan 5x10 (50 servings per pan).
4. Combine butter, buttermilk, and sugar. Let come to rolling boil. Remove from heat and add vanilla. Pour over hot cake.

Note: Use this recipe only when other food choices in the menu are moderate in sugar.

SERVING: One piece 2-1/2"x3-1/4"

Tested by a school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

RAISINS

Ingredients
Raisins, U.S. Grade B or better.

Pack Size
30-pound carton

Yield
One pound of uncooked raisins will provide 12.6 1/4-cup servings (approximately 1.3 ounces each). One pound cooked raisins yields 21.4 1/4-cup portions.

Uses
Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items; or be combined with peanuts, sunflower seeds, and granola.

Storage
Refrigerate raisins and store off the floor. To maintain freshness once the case has been opened, fold the polybag liner and turn case upside down. The weight of the raisins will keep the liner tightly sealed. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	18	9	5

Nutritional Value
A 1/4-cup serving of uncooked raisins provides 108 calories, and:

Protein	1.2 g	Iron	0.8 mg	Thiamin	0.06 mg	Sodium	4 mg
Carbohydrate	28.7 g	Vitamin A	3 IU	Riboflavin	0.03 mg	Potassium	272 mg
Fat	0.2 g	Vitamin C	1.2 mg	Niacin	0.30 mg	Calcium	18 mg
						Phosphorus	35 mg

(Agriculture Handbook No. 8-9)

Preparation
Raisins keep cookies and cake moist longer. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade.

When raisins are dry or when the recipe calls for plumped raisins, cover the amount needed with very hot tap water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking.

Raisins freeze well and thaw quickly.

Recipes

PEANUT BUTTER RAISIN LASSIES

Ingredients	100 Servings Weights	Measures
* Shortening	2 lb	4-1/2 cups
Sugar	1 lb 4-1/2 oz	3 cups
Molasses	2 lb 3/4 oz	3 cups
* Peanut butter	1 lb 11 oz	3 cups
Eggs		4
* Flour, sifted	3 lb 1-1/4 oz	3 qt
Baking powder	1-1/4 oz	1/4 cup
Baking soda		1-1/2 tsp
Salt		1-1/2 tsp
* Raisins	2 lb	6 cups

Directions

1. Cream shortening and sugar. Add molasses, peanut butter, and eggs; blend well.
2. Combine flour, baking powder, soda, and salt. Add raisins. Stir into peanut butter mixture.
3. With No. 30 scoop portion onto ungreased baking sheets, pressing with back of scoop to flatten; or spread batter into 4 ungreased baking pans (12"x20"), dividing equally.
4. Bake at 350° F for 10 to 12 minutes for drop cookies or 20 to 25 minutes for bar cookies. For bar cookies, cool and cut each pan 5x5 (25 servings per pan).

SERVING: One cookie about 2-1/2" or 1 bar about 2-1/2"x3-1/2".

RAISIN CINNAMON BATTER BREAD

Ingredients	100 Servings Weights	Measures
Sugar	1 lb 3 oz	2-3/4 cups
Active dry yeast	1-1/4 oz	1/4 cup
Warm water (110° - 115° F)		3 qt
* Raisins	4 lb	2 qt 3 cups
* Shortening, melted	1 lb 1 oz	2-1/2 cups
* Flour	8 lb	1 gal 3 qt
Salt	2-1/2 oz	4 Tbsp
Cinnamon		2 Tbsp
* Nonfat dry milk	2 lb	6-2/3 cups
* Butter or margarine	As needed	
Powdered sugar	3 lb	3 qt
Water		1 cup

Directions

1. Dissolve sugar and yeast in water, stir in raisins and shortening.
2. Combine flour, salt, cinnamon, and dry milk. Stir into yeast/raisin mixture; beat smooth.
3. Spoon batter into 4 greased baking pans (12"x20"), dividing equally. Brush tops with melted butter. Cover; let rise in warm place until doubled in volume.
4. Bake in 350° F oven 25 to 35 minutes until bread tests done.
5. Combine powdered sugar and water. Brush over warm bread to glaze. Cut each pan 5x5 (25 servings per pan).

SERVING: One piece about 2-1/2"x3-1/2" provides 1/8 cup of fruit and 2 servings of bread.

Tested by the California Raisin Advisory Board

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

SWEET POTATOES, Canned (Syrup Pack)

Ingredients

Sweet potatoes (U.S. Grade A), whole, sections, pieces, or cuts, in light syrup.
May be golden, yellow, or mixed.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (108 ounces) of sweet potatoes will yield 45.4 1/4-cup servings of drained vegetable. One No. 10 can yields approximately 71 ounces (12-1/2 cups) drained vegetable.

Uses

Canned sweet potatoes are ready to serve or may be heated and used in entrees, soups, and baked goods.

Storage

Store unopened canned sweet potatoes off the floor in a cool, dry place. Avoid sudden changes in temperature such as freezing or exposure to direct sunlight. Temperature changes shorten life and speed deterioration of the sweet potatoes. Store in a well-ventilated area and rotate use. Store opened canned sweet potatoes covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days. The chart shows the maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving of drained, canned sweet potatoes provides 53 calories, and:

Protein	0.6 g	Iron	0.5 mg	Thiamin	0.01 mg	Sodium	19 mg
Carbohydrate	12.4 g	Vitamin A	3507 IU	Riboflavin	0.02 mg	Potassium	94 mg
Fat	0.2 g	Vitamin C	5.3 mg	Niacin	0.17 mg	Calcium	8 mg
						Phosphorus	12 mg

(Agriculture Handbook No. 8-11)

Preparation

Heat sweet potatoes in their syrup or add one or more seasonings such as margarine, butter, cinnamon, or grated lemon or orange rind. Add raisins or drained canned fruit before heating for more flavor.

Mashed sweet potatoes may be used in recipes specifying sweet potatoes or pumpkin puree.

The difference between a yam and a sweet potato:

A sweet potato is described as "dry-fleshed" since the flesh is dry and firm when cooked. A yam (sweet potato) is considered "moist-fleshed" since the flesh turns soft and moist during cooking. The yam is more sweet to the taste than the dry-fleshed variety. Sweet potatoes may be used in place of yams, depending on the recipe. Keep in mind they are less sweet and less moist in texture.

Recipes

CHERRIED SWEET POTATO SCALLOP

Ingredients	50 Servings Weights	Measures	Directions
* Canned sweet potatoes	15 lb		1. Place sweet potatoes and cherries in 2 greased pans (12"x20"x2").
* Tart cherries, thawed and drained	4 lb		2. Combine brown sugar, sugar, salt, butter, orange juice, and water; cook to make a thin syrup. Pour syrup over potatoes and cherries.
Brown sugar	1 lb	2-2/3 cup	3. Bake at 350° F for 30 minutes. Just before serving, place marshmallows on top and allow to brown.
Sugar	1/2 lb	1 cup	
Salt		3 Tbsp	
* Butter or margarine	1/2 lb	1 cup	
Water		1 qt	
Orange juice		1/2 cup	
Marshmallows	1 lb		

SERVING: 1/2 cup provides 1/2 cup of vegetable and fruit.

Tested by the National Red Cherry Institute

SWEET POTATO PUFF

Ingredients	100 Servings Weights	Measures	Directions
* Sweet potatoes in light syrup	25-1/2 lb	4 No. 10 cans	1. Drain sweet potatoes. Save 1 quart liquid.
Sweet potato liquid		1 qt	2. Mash sweet potatoes in mixer until smooth.
* Butter or margarine, melted	1 lb	2 cups	3. Add sweet potato liquid, margarine, orange juice, rind, salt, and nutmeg. Mix well.
Orange juice		2 qt	4. Separate eggs. Beat egg yolks. Whip egg whites.
Orange rind, grated		1/4 cup	5. Gently fold egg whites into sweet potato mixture.
Salt		2 Tbsp	6. Pour into two greased pans (12"x20").
Nutmeg		1-1/3 Tbsp	7. Bake at 350° F (moderate oven) for 60 to 70 minutes until set in the center and top is slightly browned.
Eggs		25 large	

SERVING: 1/2 cup provides 1/4 large egg and 1/2 cup of vegetable and fruit.

Tested by U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

TOMATOES, Canned

Ingredients

Tomatoes, whole or diced, U.S. Grade B or better.

Pack Size

6 No. 10 cans per case

Yield

One No. 10 can (102 ounces) of canned tomatoes yields 48.8 1/4-cup servings of heated vegetable. One No. 10 can equals approximately 66 ounces drained vegetable.

Uses

Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, and vegetable, rice, or main dishes.

Storage

Unopened canned tomatoes should be stored off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration. Avoid freezing and exposure to sunlight. Opened canned tomatoes should be refrigerated covered in a nonmetallic container, no longer than 2 to 4 days. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

A 1/4-cup serving canned tomatoes provides 12 calories, and:

Protein	0.6 g	Iron	0.4 mg	Thiamin	0.03 mg	Sodium	98 mg
Carbohydrate	2.6 g	Vitamin A	362 IU	Riboflavin	0.02 mg	Potassium	132 mg
Fat	0.1 g	Vitamin C	9 mg	Niacin	0.44 mg	Calcium	16 mg
						Phosphorus	12 mg

(Agriculture Handbook No. 8-11)

Preparation

Add flavor and interest to canned tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil.

Add seasoned croutons to stewed tomatoes.

Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder, and sprinkle with bacon bits.

Recipes

SOUTH OF THE BORDER HASH

Ingredients	100 Servings Weights	Measures	Directions
* Ground beef (24% fat)	17 lb 11 oz		1. Brown and drain ground beef; Place into 2 steamtable pans (12"x20"x2").
* Dehydrated onions		2 cups	2. Add onions, tomatoes, pepper, salt, chili powder, and rice. Mix thoroughly
* Canned tomatoes		4 No. 10 cans	3. Cover tightly and bake in a 350° F oven for approximately 2 hours. Remove cover for the last 20 to 30 minutes.
Pepper		1/2 cup	
Salt		1/4 cup	
Chili powder		1/4 cup	
* Rice, uncooked		8 cups	
Tomato juice		5-3/4 cups (No. 3 cylinder)	

SERVING: 2/3 cup provides 2 ounces of cooked lean meat, 1/2 cup of vegetable, and 1/4 cup of cooked rice.

Tested by a State school food service

TACOS

Ingredients	105 Servings Weights	Measures	Directions
* Ground beef (24% fat)	15 lb		1. Brown beef and drain.
Onions, chopped		2 cups	2. Add onions and tomatoes. Cook until onions are tender.
* Canned tomatoes (including juice)		8 cups	3. Add seasoning. Mix well.
Cumin		2 Tbsp	4. Stack taco shells together for serving.
Oregano		1 Tbsp	5. Portion meat mixture into taco shells with No. 16 (1/4 cup) scoop.
Garlic powder		2 Tbsp	6. Sprinkle 1 oz of grated cheese over meat and top with 1/4-cup of lettuce and tomatoes.
Black pepper		1 Tbsp 1 tsp	
Red pepper (cayenne)		2 tsp	
Salt		2 Tbsp	
* Cheese, grated	6 lb 9 oz		
Taco shells		105	
Lettuce and tomatoes for topping		105 1/4 cups	

SERVING: One taco provides the equivalent of 2 ounces of cooked lean meat, 1/3 cup of vegetable, and 1/2 serving of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

TOMATO PASTE, Canned

Ingredients
Tomato paste, U.S. Grade A, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture.

Pack Size
6 No. 10 cans per case (or 55-gallon drums for processing)

Yield
One No. 10 can (111 ounces) of tomato paste yields 192 tablespoons (12 cups) of paste. One tablespoon tomato paste is the equivalent of 1/4 cup vegetable.

Uses
Use tomato paste in sauces, stews, casseroles, pizza, and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.

Storage
Store off the floor in a cool, dry place. Avoid freezing or exposure to sunlight. Sudden changes in temperature cause product deterioration. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	36	18	9

Nutritional Value
One tablespoon of tomato paste provides 14 calories, and:

Protein	0.6 g	Iron	0.5 mg	Thiamin	0.03 mg	Sodium	11 mg
Carbohydrate	3.1 g	Vitamin A	406 IU	Riboflavin	0.03 mg	Potassium	153 mg
Fat	0.1 g	Vitamin C	7 mg	Niacin	0.53 mg	Calcium	6 mg
						Phosphorus	13 mg

(Agriculture Handbook No. 8-11)

Preparation
To reconstitute for use as tomato puree or sauce, mix one No. 10 can tomato paste with one No. 10 can water. To reconstitute for tomato juice, mix one No. 10 can tomato paste with three No. 10 cans water.

Recipes

PIZZA SAUCE

Ingredients	100 Servings Weights	Measures	Directions
* Canned tomatoes		3 No. 10 cans	1. Mash tomatoes to a pulp. Heat tomatoes, paste, water, and all seasonings to boiling; reduce heat and simmer until sauce thickens (to about the consistency of thick cream).
* Tomato paste		1 No. 10 can	
Water		1-1/2 qt	
Garlic powder		3 Tbsp	2. Use your favorite pizza dough and spread dough in 5 pans (18"x26"x1"). Cook to seal crust as directed in crust recipe. Spread 1 qt of sauce on each crust, cover with 2 lb lightly browned ground beef (thoroughly drained), and sprinkle about 1 lb 1 oz shredded cheese over ground beef.
Onion powder		3 Tbsp	
Black pepper		1-1/2 tsp	
Salt		3 Tbsp	
Basil		1/4 cup 2 Tbsp	
Oregano		1/4 cup 2 Tbsp	3. Bake at 350° F until the crust is lightly browned. Cut 20 servings per pan.
* Butter		1-1/2 cups	
* Ground beef, browned	10 lb		
* Cheese, shredded	5-1/2 lb		

SERVING: One slice provides 2 ounces cooked lean meat and 3/4 cup of vegetable.

"HOT DOG" CHILI

Ingredients	100 Servings Weights	Measures	Directions
* Ground beef	13-1/2 lb		1. Cook meat, onions, salt, and chili powder together until done.
* Catsup		1 No. 10 can	
* Tomato paste		1/3 No. 10 can	2. Add remaining ingredients and cook together slowly for 2 hours.
Chili powder		2 cups	
Onions, dried		1-1/2 cups	

SERVING: 1/3 cup provides 1-1/2 ounces cooked lean meat and 1/8 cup of vegetable.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

TOMATO PASTE

BREAD/

BREAD ALTERNATES

Facts About USDA Commodities

ALL-PURPOSE FLOUR

Ingredients

Wheat flour enriched with thiamin, riboflavin, niacin, and iron. May have added calcium, enzymes, and ascorbic acid. May be bleached or unbleached.

Pack Size

50- or 100-pound bag

Yield

One pound of flour yields approximately 3-1/2 cups.

Uses

Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.

Storage

Store in a well-ventilated area off the floor and away from walls at less than 60 percent humidity. Best storage conditions are at a temperature below 50° F. Do not stack higher than eight bags. Rotate use. Excessive humidity and heat contribute to infestation, caking, and mustiness. Keep away from strong odors as flour readily absorbs them. In hot climates refrigeration is necessary for the storage of flour. Keep unused flour in tightly covered containers. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	24	12	6

Nutritional Value

One ounce of unsifted enriched all-purpose flour provides 103 calories, and:

Protein	3.0 g	Iron	0.8 mg	Thiamin	0.12 mg	Sodium	1 mg
Carbohydrate	21.6 g	Vitamin A	0	Riboflavin	0.07 mg	Potassium	27 mg
Fat	0.1 g	Vitamin C	0	Niacin	0.99 mg	Calcium	5 mg
						Phosphorus	25 mg

(Agriculture Handbook No. 456)

Preparation

Use as directed in recipes for preparing baked items or sauces and gravies.

Recipes

MASTER MIX

Ingredients	250 Servings Weights	Measures	Directions
* All-purpose flour	10 lb	3 gal 3 cups	1. Place all dry ingredients in a mixer bowl. Blend well.
Baking powder		1-1/2 cups	
Salt		1/4 cup 2 Tbsp	2. Cut in shortening until evenly distributed. Mixture will have the texture of cornmeal.
Cream of tartar		1/4 cup	
Sugar		1 cup	
* Nonfat dry milk	1 lb 8 oz	5 cups	3. Place in an airtight container and store in a cool, dry place. Refrigerate up to 6 months.
* Shortening	4 lb	2 qt 1-1/2 cups	

Makes about 15 quarts of mix.

BISCUITS (USING MASTER MIX)

Ingredients	100 Servings Weights	Measures	Directions
Master mix		1 gal 2 qt	1. Combine mix and water (or milk) to form dough. Let stand for 5 minutes.
Cold water or reconstituted nonfat dry milk		1-1/2 qt	2. Place the dough on a floured board and knead lightly for 1 minute.
			3. Roll out to 1/2" thickness. Cut with a floured 2" biscuit cutter. Place on an ungreased sheet pan (18"x26"x1").
			4. Bake in a convection oven at 400° F for 8 to 10 minutes or in a conventional oven at 425° F for 12 to 14 minutes or until golden brown.

SERVING: One biscuit, approximately 1-1/2 ounces provides 1-1/2 servings of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

BULGUR

Ingredients
Cracked wheat

Pack Size
5 10-pound bags; 25- and 50-pound bags

Yield
One pound of bulgur will yield 19.6 1/2-cup cooked servings. One pound dry equals about 3 cups.

Uses
Serve bulgur as a breakfast cereal or as a side dish with meat, poultry, or fish. Cooked bulgur may be used in casseroles, breads, desserts, soups, or stews. Bulgur can be used in place of rice in any recipe.

Storage
Bulgur keeps well for 4 months if properly stored. Store off the floor in a cool, dry place. After opening, keep in a covered container that allows ventilation. It can become rancid in high temperatures and high humidity. In warm climates, refrigeration is recommended.

Nutritional Value
A 1/2-cup serving of bulgur cooked in salted water provides 83 calories, and:

Protein	2.4 g	Iron	1.1 mg	Thiamin	0.07 mg	Sodium	167 mg
Carbohydrate	18.1 g	Vitamin A	0	Riboflavin	0.02 mg	Potassium	72 mg
Fat	0.3 g	Vitamin C	0	Niacin	0.97 mg	Calcium	9 mg
						Phosphorus	69 mg

(Agriculture Handbook No. 456)

Preparation
Do not wash or rinse bulgur before or after cooking. Do not stir while cooking. Bulgur will continue to swell as long as moisture is available.

Bulgur may be added to flour in yeast breads (use 1/2 to 1 cup cooked bulgur to 6 cups flour). Use cooked bulgur in quick breads, biscuits, bar or dropped cookies, cakes, and fruit breads. Use bulgur either cooked or soaked until soft.

Recipes

TO COOK BULGUR

Ingredients	100 Servings Weights	Measures	Directions
* Bulgur, dry	5 lb 2 oz		1. Place 2 lb 9 oz (about 1-1/4 qt) bulgur in each of 2 baking pans (12"x20"x2-1/2").
Salt	1-1/2 oz		2. Add salt to boiling water. Pour 3-3/4 qt over bulgur in each pan.
Water		1 gal 3-1/2 qt	3. Cover pans tightly.
			4. Bake at 350° F (moderate oven) or steam at 5 lb pressure for 25 minutes.
			5. Remove from oven or steamer and let stand covered 5 minutes.

SERVING: 1/2 cup provides 1 serving of cooked cereal grain.

BULGUR HONEY BREAD

Ingredients	192 Servings Weights	Measures	Directions
* Bulgur, dry	2-1/4 lb	1-1/2 qt	1. Combine bulgur, salt, honey, boiling water, and oil in a large mixing bowl. Cool to lukewarm.
Salt		1/4 cup 2 Tbsp	
* Honey		3 cups	2. Dissolve yeast in warm water (105° to 115° F).
Boiling water		1 gal 2 cups	3. Add to bulgur-honey mixture.
* Oil		3/4 cup	4. Blend flour into liquid mixture in three parts, mixing after each addition. Stir until dough leaves the sides of the bowl.
Active dry yeast	3 oz		
Warm water		3 cups	
* Flour	9-3/4 to 10-1/2 lb		5. Knead the dough for 5 minutes until smooth and elastic. More flour may be needed.
			6. Let rise in a warm place (2 hours) until double in bulk.
			7. Punch down and divide dough into 12 equal parts.
			8. Shape and place into greased loaf pans (9"x5"x3").
			9. For pull-aparts, divide dough into 2-oz portions. Flatten and brush with egg and water wash. Place 8 portions per pan. Do not pack too tightly.
			10. Cover and let rise until doubled (about 1 hour).
			11. Bake at 350° F for 45 minutes to 1 hour.
			YIELD: 12 loaves. Cut each loaf into 16 slices.

SERVING: One slice provides 1-3/4 servings of bread.

BULGUR PILAF

Ingredients	100 Servings Weights	Measures	Directions
* Butter or margarine	1 lb 10 oz		1. Melt butter, add bulgur and onion, and cook until golden brown.
* Bulgur, dry	7 lb		
Onion, chopped fine		1-1/2 cups	2. Add broth, and bring to a boil. Reduce heat, cover, and simmer 15 minutes in a saucepan or trunion kettle.
Chicken broth or bouillon		2 gal 1-1/2 qt	
Salt		2 Tbsp	
Pepper		1-1/2 tsp	

SERVING: 1/2 cup provides 1-1/4 servings of cooked cereal grain.

Tested by the Nebraska Wheat Committee

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

BROWN RICE

Ingredients
Milled brown rice, U.S. No. 1.
May be long, medium, or short grain.

Pack Size
25- or 50-pound bag

Yield
One pound dry rice yields about 2-1/2 cups; 1 pound of cooked long grain rice yields 19.5 1/2-cup servings.

Uses
Use brown rice as a cereal; as a side dish; or in soups, salads, stuffings, main dishes, or desserts.

Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.

Use brown rice in any recipe calling for cooked rice. In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.

Storage
Store in a cool, dry place for short periods of time and use refrigerated storage for extended periods. Maximum storage should not exceed 6 months even under optimum conditions. A relative humidity of 55 percent or less is recommended. Opened rice should be placed in a clean, tightly covered container. Shelf life is limited due to the oil content of the bran. The chart shows maximum storage periods at different temperatures.

Temperature	50 to 70° F	36 to 40° F
Shelf life in months	3	6

Nutritional Value
A 1/2-cup serving of cooked long-grain brown rice with salt added provides 86 calories, and:

Protein	1.8 g	Iron	0.4 mg	Thiamin	0.08 mg	Sodium	94 mg
Carbohydrate	18.4 g	Vitamin A	0	Riboflavin	0.01 mg	Potassium	51 mg
Fat	0.5 g	Vitamin C	0	Niacin	1.12 mg	Calcium	8 mg
						Phosphorus	53 mg

(Agriculture Handbook No. 456)

Preparation
Do not wash prior to cooking. Carefully measure rice and liquid. Time the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. Use 5 lb 4 oz brown rice, 1-1/4 gal 3 cups boiling water, and 1-1/3 Tbsp salt for 100 1/2-cup servings of cooked rice. Cover pans tightly and bake at 350° F or steam at 5 pounds pressure for 50 minutes.

Recipes

FRIED RICE

Ingredients	100 Servings Weights	Measures	Directions
Green peppers, chopped	1 lb 6 oz	1 qt	1. Saute green peppers, onions, and celery in butter until tender but not brown.
Onions, chopped	6 oz	1 cup	
Celery, diced	8-1/2 oz	2 cups	2. Add eggs, soy sauce, and pepper. Soft scramble. Set aside.
* Butter or margarine	6 oz	3/4 cup	
Eggs, beaten		14	3. Scale 2 lb 12 oz (1/2 gal) rice into each of 4 pans (12"x-20"x2-1/2").
Soy sauce		2 cups	
Pepper		2 tsp	4. Add 2 lb 11 oz (about 2-1/4 qt) pork to each pan.
* Cooked rice, cold	11 lb	2 gal	5. Stir 1 lb 5 oz (2-1/2 cups) vegetable mixture into each pan. Mix well.
Cooked pork, cut in thin narrow strips	10 lb 12 oz	2 gal 2-1/2 cups	6. Bake at 350° F (moderate oven) for 30 minutes or until lightly browned, stirring occasionally.

SERVING: 2/3 cup provides 2 ounces of cooked lean meat and 1/4 cup of cooked rice.

TEX-MEX RICE

Ingredients	100 Servings Weights	Measures	Directions
Onions, chopped	3 lb 12 oz	2-1/2 qt	1. Saute onions, green peppers, and celery in butter until vegetables are soft but not brown.
Green peppers, chopped	3 lb 4 oz	2-1/2 qt	
Celery, chopped	1 lb 5 oz	1-1/4 qt	2. Add seasonings, tomatoes, and beef base. Cook, stirring, until beef base is dissolved.
* Butter or margarine, or oil	12 oz	1-1/2 cups	3. Scale 5 lb 8 oz (1 gal) rice into each of 2 pans (12"x20"-x2-1/2").
Chili powder		7 Tbsp	
Salt		7 Tbsp	4. Stir 8 lb 12 oz (1 gal 1/2 qt) sauce into each pan. Mix well.
Garlic powder		1 Tbsp	
* Canned tomatoes, chopped or mashed	10 lb 8 oz	1-1/4 gal	5. Bake at 350° F (moderate oven) for 30 minutes or until thoroughly heated. Fluff lightly with a slotted spoon.
Beef base		6 Tbsp	
* Cooked rice	11 lb	2 gal	

SERVING: 1/2 cup provides 3/8 cup of vegetable and 1/4 cup of cooked rice.

Tested by the Rice Council of America

* Donated by the U.S. Department of Agriculture

BROWN RICE

Facts About USDA Commodities

CORN GRITS

Ingredients

Yellow or white corn (hominy) grits, ground coarse or fine and enriched.

Pack Size

50-pound bag

Yield

One pound regular corn grits yields 25.1 1/2-cup servings or 16.7 3/4-cup servings of cooked corn grits.

Uses

Serve enriched corn grits as a hot cereal or use in breads, muffins, main dishes, or desserts.

Storage

Store cornmeal off the floor in a cool, dry, well-ventilated place. A relative humidity of 70 percent or less is recommended. If corn grits are held at a high temperature for an extended period, the grits will develop a rancid flavor. Store open bags of grits in tightly closed metal containers. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	24	12	6

Nutritional Value

A 1/2-cup serving of enriched corn grits with no added salt or fat provides 73 calories, and:

Protein	1.8 g	Iron	0.8 mg	Thiamin	0.12 mg	Sodium	0
Carbohydrate	15.7 g	Vitamin A	0	Riboflavin	0.08 mg	Potassium	27 mg
Fat	0.2 g	Vitamin C	0	Niacin	0.98 mg	Calcium	1 mg
						Phosphorus	14 mg

(Agriculture Handbook No. 8-8)

Preparation

Wash or rinse enriched corn grits as little as possible. Enrichment does not wash out, but some natural food value is lost.

Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts.

Recipes

TO COOK CORN GRITS

Ingredients	100 Servings Weights	Measures	Directions
* Corn grits	4 lb 2 oz	3 qt	1. Add grits to boiling salted water.
Salt	2 oz	1/4 cup	
Boiling water		3-3/4 gal	2. Boil, for 10 minutes, stirring frequently. Reduce heat, and boil longer, stirring occasionally.
			3. Serve hot with butter or chill cooked grits, slice, dip in flour, and fry until lightly browned on both sides.

SERVING: 1/2 cup provides 1/2 cup of cooked cereal grain.

CORNBREAD

Ingredients	100 Servings Weights	Measures	Directions
* All-purpose flour	4 lb	1 gal	1. Mix together all dry ingredients.
* Corn grits	4 lb	2 qt 3-1/4 cups	
Baking powder	5-3/4 oz	1 cup	2. Combine milk, eggs, and fat or oil with dry ingredients. Stir only until dry ingredients are moist and mixture has a rough appearance.
Sugar	1 lb 4 oz	2-1/2 cups	
Salt	1 oz	2 Tbsp	
Milk		2 qt 2-2/3 cups	
Eggs, beaten	2 lb 15 oz	24 large	3. Pour into 4 greased baking pans (12"x20"), 2 qt or 4 lb 12 oz per pan.
* Fat, melted, or oil	1 lb 8 oz	3 cups	
			4. Bake at 425° F (hot oven) for 25 minutes. Cut 5x5 (25 servings per pan).

SERVING: One piece 2-3/4"x2-3/4" provides 2-1/4 servings of bread.

Tested by the U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

CORNMEAL

Ingredients

Regular (whole, ground), bolted (nearly whole grain), or degermed cornmeal, enriched with thiamin, riboflavin, niacin, and iron. May have Vitamin D and calcium added. May be yellow or white.

Pack Size

10-, 25-, or 50-pound bags.

Yield

One pound cooked cornmeal yields about 25.3 1/2-cup portions. One pound dry cornmeal yields about 3 cups.

Uses

Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, fritters, dumplings, and breading for fried items.

Storage

Store cornmeal off the floor in a cool, dry, well-ventilated place; a relative humidity of 70 percent or less is recommended. High temperatures and humidity encourage mold, and infestation, and cause rapid deterioration.

The chart shows maximum storage periods for degermed cornmeal.

Temperature	40° F	70° F	90° F
Shelf life in months	24	12	6

Regular cornmeal has a higher fat content than degermed cornmeal and turns rancid sooner. Regular cornmeal has a shelf life of 6 months and should be refrigerated.

Nutritional Value

A 1-ounce serving of dry enriched, degermed cornmeal provides 103 calories, and:

Protein	2.6 g	Iron	0.5 mg	Thiamin	0.09 mg	Sodium	Trace
Carbohydrate	21.1 g	Vitamin A	137 IU	Riboflavin	0.02 mg	Potassium	70 mg
Fat	1.0 g	Vitamin C	0	Niacin	0.53 mg	Calcium	1 mg
						Phosphorus	63 mg

(Agriculture Handbook No. 456)

Preparation

Use as directed in recipes.

Recipes

NUGGET PRUNE CORNBREAD

Ingredients	100 Servings Weights	Measures
* Pitted prunes	4-1/2 lb	3 qt
Buttermilk		1 gal
* Butter or margarine	4 lb	2 qt
Sugar	3-1/2 lb	2 qt
Eggs		32
* Flour	4-1/4 lb	1 gal
* Yellow cornmeal	5-1/3 lb	1 gal
Baking soda		2-2/3 Tbsp
Salt		2-2/3 Tbsp

Directions

1. In electric blender coarsely puree prunes in buttermilk.
2. Combine butter, sugar, and eggs; beat to blend. Stir in pureed prunes.
3. Combine flour, cornmeal, baking soda, and salt; stir into prune mixture just until blended.
4. Spread batter into four greased baking pans (12"x20"), dividing equally.
5. Bake in 375° F oven for 40 minutes or until golden. Cool. Cut each pan 5x5 (25 servings per pan).

SERVING: One piece about 2-1/2"x3-1/2" provides 1/4 of a large egg and 2-3/4 servings of bread.

Tested by the California Prune Board

CORNBREAD SURPRISE

Ingredients	96 Servings Weights	Measures
* All-purpose flour	6 lb	1-1/2 gal
* Cornmeal	6 lb	1 gal 1/3 qt
Sugar	3 lb	2-1/2 qt
* Nonfat dry milk	1 lb	1 qt
Baking powder	12 oz	2 cups
Salt	3 oz	1/4 cup 2 Tbsp
* Cheese, shredded	3 lb	3 qt
* Egg mix, reconstituted	3 lb	3 qt mix with 3 qt cold water
or		
Eggs, medium		4 doz
* Butter, melted and cooled	2 lb	1 qt
Frankfurters (8 per lb)	12 lb	96
Water		1-1/4 gal

Directions

1. Grease 4 sheet pans, 18"x26"x1".
2. Combine flour, cornmeal, sugar, nonfat dry milk, baking powder, salt, and cheese in mixing bowl.
3. Blend with flat beater at low speed for 1 minute.
4. Add reconstituted egg mix or eggs, melted butter, and half the water. Mix 1 minute; scrape down.
5. Add remaining water and mix only until barely combined.
6. Place batter into greased sheet pans, approximately 9-1/2 lb of batter per pan.
7. Place 24 frankfurters per pan in 4 rows of 6 frankfurters each. Press each halfway into mix.
8. Bake in conventional oven for 20 to 25 minutes at 400° F or in a convection oven for 15 to 20 minutes at 350° F until golden brown.
9. Cut 4x6 (24 servings per pan). Each piece will contain one frankfurter.

SERVING: One piece 3"x6-1/2" provides the equivalent of 3 ounces of cooked lean meat and 3-1/2 servings of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

MACARONI and SPAGHETTI

Ingredients

Macaroni, long or elbow (.75" to 1.5" in length), and spaghetti (8-1/2" to 11" in length) made from semolina, durum granular, or durum flour. Enriched with thiamin, riboflavin, niacin, and iron.

Pack Size

20-pound bag

Yield

Macaroni: Elbow or long: One pound cooked yields about 19.5 1/2-cup portions. One pound dry yields about 3-1/2 cups.

Spaghetti: One pound cooked yields 16.5 1/2-cup portions. One pound dry yields about 6-3/8 cups.

Uses

Macaroni and similar pasta products fit into any part of the menu from soup to dessert and combine easily with many foods. Add to soup or baked casseroles, top-of-the-stove dishes, or salads, or combine with eggs, fish, fowl, vegetables, meat, or cheese.

Storage

Store pasta products off the floor in a cool, dry, well-ventilated place. After opening, store pasta products in a tightly covered container. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	72	36	18

Nutritional Value

A 1/2-cup serving of cooked (unsalted) enriched macaroni or spaghetti, tender stage, provides 78 calories, and:

Protein	2.4 g	Iron	0.6 mg	Thiamin	0.10 mg	Sodium	1 mg
Carbohydrate	16.1 g	Vitamin A	0	Riboflavin	0.06 mg	Potassium	42 mg
Fat	0.3 g	Vitamin C	0	Niacin	0.80 mg	Calcium	6 mg
						Phosphorus	35 mg

(Agriculture Handbook No. 456)

Preparation

Use 1 gallon of water for every pound of pasta you cook and 1 tablespoon of salt, if desired. One-half tablespoon of salad oil in each gallon of water will help to keep liquid from boiling over. Bring water to a hard boil. Add pasta gradually so that water continues to boil. Always cook pasta uncovered at a fast boil. Stir occasionally to help prevent sticking. Pasta is "done" when tender, but firm. Do not overcook. If pasta is to be used in a dish requiring further cooking, undercook slightly. Drain pasta to stop cooking. Do not rinse unless recipe specifically says to do so.

If product is not to be served immediately, drain and cover with cold water. Stir to aid in cooling. When pasta is cold, drain off water and toss lightly with a little salad oil to prevent pasta from sticking and drying out. Cover tightly and store. To reheat, put pasta in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. Do not continue to cook.

Recipes

MACARONI, NOODLES, OR SPAGHETTI

Ingredients	100 Servings Weights	100 Servings Measures	Directions
Salt	3-1/2 oz	1/3 cup	1. Add salt to boiling water. Slowly stir in macaroni, noodles, or spaghetti until water boils again.
Boiling water		6 gal	2. Cook uncovered until tender-firm, about 8 minutes for macaroni, 6 minutes for noodles, and 10 minutes for spaghetti. Do not overcook.
* Macaroni	5 lb 4 oz		3. Drain.
or			
Noodles	5 lb		
or			
* Spaghetti	6 lb 2 oz		

SERVING: 1/2 cup provides 1/2 cup of cooked noodles or cooked pasta.

BEEF/MACARONI/CHEESE

Ingredients	100 Servings Weights	100 Servings Measures	Directions
* Ground beef	14 lb 8 oz		1. Brown beef; drain off excess fat. Add vegetables, tomato paste, water, and seasonings. Mix to blend and simmer for 30 minutes.
Onions, dehydrated	8 oz		2. Weigh 1 lb 4 oz of dry macaroni into each of 4 baking pans (12"x20"x2-1/2"). Add 1-1/4 gallon sauce and stir to blend. Evenly distribute macaroni in sauce.
Celery, chopped	8 oz		3. Top each with 8 oz of cheese. Cover pans tightly with lid of foil and bake at 350° F in a convection oven for 1 hour.
Green pepper, chopped	8 oz		
* Tomato paste		3 qt	
Water		3 gal	
Garlic powder		1/4 cup	
Chili powder		2 Tbsp	
Sugar		1/4 cup	
Salt		1/4 cup 2 Tbsp	
Worcestershire sauce		2 Tbsp	
* Cheese	2 lb		
* Macaroni	5 lb 4 oz		

SERVING: One piece 2"x3-3/4" provides 2 ounces of cooked meat, 1/2 cup of vegetable, and 1/2 cup of cooked pasta.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

ROLLED OATS

Ingredients
Rolled oats, quick-cooking

Pack Size
25- or 50-pound bag

Yield
One pound dry rolled oats yields about 6-1/4 cups; 1 pound cooked yields 23.8 1/2-cup portions or 15.8 3/4-cup portions.

Uses
Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat patties. Use rolled oats in breads, rolls, muffins, cookies, and similar baked items, and as a topping for crisps and cakes.

Storage
Store rolled oats off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60 percent or less is recommended. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	12	12	6

Nutritional Value
A 1/2-cup serving of cooked rolled oats with no added salt provides 72 calories, and:

Protein	3 g	Iron	0.8 mg	Thiamin	0.13 mg	Sodium	1 mg
Carbohydrate	12.6 g	Vitamin A	19 IU	Riboflavin	0.02 mg	Potassium	66 mg
Fat	1.2 g	Vitamin C	--	Niacin	0.15 mg	Calcium	10 mg
						Phosphorus	89 mg

(Agriculture Handbook No. 8-8)

Preparation
You may substitute rolled oats for rolled wheat in any recipe.
Make substitutions on a volume basis only, since weights of these products vary.

Use as directed in recipes for preparing baked goods, cereals, etc.

Recipes

CRUNCHY PEAR-OATMEAL HEALTH BAR

Ingredients	96 Servings Weights	Measures
* Canned Bartlett pears, diced		3 qt
* Butter or margarine	2 lb	1 qt
Brown sugar	1 lb 8 oz	1 qt
Eggs, slightly beaten	3 lb	1-1/2 qt
Molasses	1 lb	1-1/2 cups
* Whole-wheat flour, unbleached	3 lb	2-1/2 qt
* All-purpose flour	1 lb	1 qt
* Nonfat dry milk	3 oz	1 cup
Baking soda		1 Tbsp
Pumpkin pie spice		2 Tbsp
Wheat germ	12 oz	3 cups
* Rolled oats	1 lb 14 oz	2-1/2 qt
* Peanut granules	1 lb	1 qt

Directions

1. Drain canned pears.
2. Cream butter and sugar. Beat in eggs and molasses. Combine flours, dry milk, baking soda, and spice. Blend into creamed mixture.
3. Stir in wheat germ, oats, and peanuts. Fold in drained pears.
4. Scale 8 lb 8 oz batter into each of 2 greased sheet pans (18"x26"). Bake in 350° F (177° C) oven for 30 minutes or until center tests done.
5. Cut each pan 6x8 (48 servings per pan).

SERVING: One piece provides 1/8 cup of fruit.

Tested by the Pacific Coast Canned Pear Service

OATMEAL ROLLS

Ingredients	100 Servings Weights	Measures
* Nonfat dry milk, reconstituted, heated		1-1/2 qt
* Quick-cooking rolled oats	10-1/2 oz	1 qt
* Shortening	4-1/2 oz	2/3 cup
Light molasses	7-1/4 oz	2/3 cup
Active dry yeast	2 oz	8 (1/4-oz pkg)
Salt		1-1/2 Tbsp
Eggs, beaten	10-1/2 oz	6 large
* Flour	1 lb 2 oz	1 qt
* Flour	2 lb 3-1/2 oz	2 qt

Directions

1. Pour milk over rolled oats. Let stand 5 minutes.
2. Mix in shortening and molasses.
3. Mix 1 quart flour with salt and yeast.
4. Add rolled oats mixture and eggs to flour mixture. Beat well.
5. Add 1 quart more flour. Beat well.
6. Mix and knead in remaining quart of flour.
7. Place dough in lightly greased bowl and turn over once to grease upper side of dough.
8. Cover and let rise in a warm place until doubled in size.
9. Punch down dough to remove air bubbles. Shape into rolls (about 1-1/2 ounces each). Place on sheet pans.
10. Bake at 400° F (hot oven) for 16 to 18 minutes or until lightly browned.

SERVING: One roll provides 1-1/2 servings of bread.

Tested by the U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

ROLLED WHEAT

Ingredients
Rolled wheat, quick-cooking

Pack Size
25- or 50-pound bag

Yield
One pound dry rolled wheat yields about 4-3/4 cups; 1 pound cooked yields 22 1/2-cup portions or 14.7 3/4-cup portions.

Uses
Serve rolled wheat as a hot cereal or use as an extender for meat loaf or meat patties. Use rolled wheat in breads, rolls, muffins, cookies, and similar baked items and as a topping for crisps and cakes.

Storage
Store rolled wheat off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60 percent or less is recommended. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	12	12	6

Nutritional Value
A 1/2-cup serving of cooked rolled wheat with no added salt provides 76 calories, and:

Protein	2.4 g	Iron	0.8 mg	Thiamin	0.08 mg	Sodium	1 mg
Carbohydrate	16.6 g	Vitamin A	--	Riboflavin	0.06 mg	Potassium	86 mg
Fat	0.4 g	Vitamin C	--	Niacin	1.08 mg	Calcium	8 mg
						Phosphorus	84 mg

(Agriculture Handbook No. 8-8)

Preparation
Rolled wheat may be substituted for rolled oats in any recipe. Make substitution only on a volume basis since weights of these products vary.

Use as directed in recipes for preparing baked items, cereals, etc.

Recipes

TO COOK ROLLED WHEAT (Quick-Cooking)

Ingredients	For 50 Servings Weights	Measures	Directions
* Rolled wheat	2 lb 5 oz	2 qt 2-1/2 cups	1. Stir rolled wheat into boiling salted water in a kettle, saucepan, or stockpot.
Salt	1 oz	2 Tbsp	
Boiling Water		1-1/2 gal	2. Boil, stirring occasionally, for 20 minutes.

SERVING: 1/2 cup cooked rolled wheat provides 1/2 cup cooked cereal grain.

ROLLED WHEAT BISCUITS

Ingredients	100 Servings Weights	Measures	Directions
* Flour	3 lb	3 qt	1. Blend dry ingredients in mixer on low speed. Cut in fat.
* Rolled wheat	1 lb	1 qt 2/3 cup	2. Add enough water to make a soft dough. Turn onto a lightly floured board, divide, and roll or pat lightly.
* Nonfat dry milk	4-1/2 oz	3/4 cup	
Baking powder	3 oz	1/2 cup	3. Roll out to 1/2" thickness. Cut with floured 2" cutter and place on baking sheet, or place dough on baking sheet and cut into 2" squares. Bake 12 to 15 minutes at 450° F.
Salt	1 oz	2 Tbsp	
* Shortening	1 lb 8 oz	3-1/2 cups	
Cold water		About 1 qt	

SERVING: One biscuit provides 1 serving of bread.

ROLLED WHEAT MUFFINS

Ingredients	100 Servings Weights	Measures	Directions
* Nonfat dry milk	8 oz		1. Add dry milk to water in bowl. Stir until dissolved. Add vinegar. Stir. Add rolled wheat and allow to soak 20 minutes.
Lukewarm water		2 qt	
Vinegar, cider		2 Tbsp	
* Rolled wheat	1 lb 5 oz		2. Melt butter or margarine, add with brown sugar to rolled wheat mixture, and stir until no lumps remain.
* Butter or margarine	2 lb		
Brown sugar	2 lb		3. Mix dry ingredients together in large bowl. Add rolled wheat mixture. Stir. DO NOT OVERMIX.
* All-purpose flour	2 lb	2 qt	
Soda		1 Tbsp 1 tsp	4. Fill greased muffin cups 2/3 full.
Salt		1 Tbsp 1 tsp	5. Bake at 400° F for 15 to 17 minutes.
Baking powder	1 oz		
Eggs, dried	4 oz		

VARIATION: SPICE MUFFINS
Mix: 1 tsp nutmeg
1 tsp cinnamon
3 oz sugar
Put 1/4 tsp on top of each muffin before baking.

SERVING: One muffin provides 1 serving of bread.

Tested by the Kansas Wheat Commission

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

WHITE RICE, Enriched

Ingredients

Long, medium, or short grain rice enriched with thiamin, riboflavin, niacin, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled light.

Pack Size

25- or 50-pound bag

Yield

One pound dry yields about 2-1/3 cups; 1 pound of long or medium grain rice yields 18 1/2-cup servings of cooked rice.

Uses

Rice is used as a cereal or a side dish; in soups, salads, main dishes, or desserts.

Long grain rice generally cooks up light and fluffy. Medium and short grain rice is tender and moist and tends to cling together when cooked.

Regular milled rice has had the hull and bran removed.

The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.

Storage

Store unopened containers of rice off the floor in a cool, dry place. A relative humidity of 55 percent or less is best. Refrigeration is recommended for extended storage. Opened rice should be placed in a clean, tightly covered container.

Temperature	40° F	70° F	90° F
Shelf life in months:			
Regular Milled Rice	48	24	12
Parboiled Rice	30	20	10

Nutritional Value

A 1/2-cup serving of cooked enriched, long grain, white rice with salt added provides 93 calories, and:

Protein	1.7 g	Iron	0.7 mg	Thiamin	0.11 mg	Sodium	94 mg
Carbohydrate	20.5 g	Vitamin A	0	Riboflavin	0.01 mg	Potassium	23 mg
Fat	0.1 g	Vitamin C	0	Niacin	0.90 mg	Calcium	6 mg
						Phosphorus	24 mg

(Agriculture Handbook No. 456)

Preparation

To retain vitamins, do not rinse before or drain after cooking. Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add 1/2 cup liquid per quart of cooked rice.

Recipes

TO COOK RICE- OVEN OR STEAMER

Ingredients	100 Servings Weights	Measures	Directions
* White rice, long grain (regular or parboiled) or medium grain	5 lb 10 oz	3-1/2 qt	1. Do not wash enriched rice.
Salt		1-1/3 Tbsp	2. Place rice in steamtable pan (12"x20"x2-1/2"), no more than 3 lb per pan.
Boiling water		1-1/4 gal 2 cups	3. Add salt to boiling water; pour over rice, 1 qt per pound of rice.
			4. Cover pans tightly.
			5. Bake at 350° F (or steam at 5 lb pressure) for 25 minutes.
			6. Remove from oven or steamer and let stand covered 5 minutes.

SERVING: 1/2 cup rice provides 1 serving cooked cereal grain. Yield: 100 servings: about 2 gallons 3-1/4 quarts

SPICY RICE

Ingredients	50 Servings Weights	Measures	Directions
* Uncooked rice, regular	2 lb 14 oz	1-3/4 qt	1. Portion 1 pound 7 ounce (3-1/2 cups) rice, 1/4 cup butter, 3 tablespoons brown sugar, two tablespoons salt and 1/2 teaspoon each pepper, all-spice, and cinnamon into each of two pans (12"x20"x2").
* Butter or margarine, divided	6 oz	3/4 cup	
Brown sugar		6 Tbsp	
Salt, divided		5 Tbsp	2. Add 1-3/4 quarts of boiling water to each pan; stir.
Ground black pepper		1 tsp	3. Cover and bake at 350° F for 35 minutes or until rice is tender and liquid is absorbed.
Ground allspice		1 tsp	
Ground cinnamon		1 tsp	4. Meanwhile, cook onions and celery in remaining 1/4 cup butter until tender crisp.
Boiling water		3-1/2 qt	
Onions, chopped	1 lb 2 oz	3 cups	5. Add raisins and remaining 1 tablespoon salt.
Celery, chopped	13 oz	3 cups	6. Remove rice from oven.
* Raisins, plumped	15 oz	3 cups	7. Add half of vegetable-fruit mixture to each pan of rice. Stir 13 ounce (3 cups) apples into each pan.
* Tart cooking apples, cored and chopped	1 lb 10 oz	1-1/2 qt	8. Cover and let stand 5 minutes. Sprinkle with almonds before serving.
* Sliced almonds, toasted	9 oz	2 cups	

SERVING: 2/3 cup (No. 6 scoop)--provides 1/4 cup of vegetable and fruit and 1/2 cup cooked rice.

Tested by the Rice Council of America

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

WHOLE-WHEAT FLOUR

Ingredients

Whole-wheat flour contains the finely ground bran, germ, and endosperm of the whole kernel. May contain ascorbic acid as a dough conditioner and enzymes for improved baking.

Pack Size

10- or 50-pound bag

Yield

One pound of whole-wheat flour yields approximately 3-1/2 cups.

Uses

Whole-wheat flour is the primary ingredient in many breads and other baked items.

Storage

Store in a well-ventilated area at less than 60 percent humidity. Keep off the floor and away from walls. Do not stack higher than eight bags. Rotate use. Excessive humidity and heat contribute to infestation, caking, and mustiness. Keep away from strong odors as flour readily absorbs them. Whole-wheat flour can become rancid, and shelf life is less than that of white flour. If it is stored for any length of time, check for rancidity by smelling the flour. Refrigeration is necessary in hot climates. Keep unused flour in tightly covered containers. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	24	12	6

Nutritional Value

One ounce of whole-wheat flour provides 94 calories, and:

Protein	3.8 g	Iron	0.9 mg	Thiamin	0.16 mg	Sodium	1 mg
Carbohydrate	20.1 g	Vitamin A	0	Riboflavin	0.03 mg	Potassium	105 mg
Fat	0.6 g	Vitamin C	0	Niacin	1.22 mg	Calcium	12 mg
						Phosphorus	105 mg

(Agriculture Handbook No. 456)

Preparation

Whole-wheat flour products have a distinctive flavor and a coarser texture than those made from white flour.

Substitute a small amount of whole-wheat flour for a portion of the white flour in many recipes. So that the finished product is not heavy, use one part whole-wheat and three parts white flour. The more whole-wheat flour, the longer the rising time needed. Because whole-wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.

Recipes

WHOLE-WHEAT MUFFINS

Ingredients	100 Servings Weights	Measures	Directions
* All-pupose flour	8 lb	4 qt	1. Blend dry ingredients in mixer on low speed. Cut in shortening and butter.
* Whole-wheat flour	2 lb	1 qt	2. Add eggs. Mix well, adding milk slowly.
* Nonfat dry milk	10 oz	2 cups	3. Using No. 16 scoop (1/4 cup), portion into greased muffin pans. Bake 20 minutes at 400° F.
Baking powder	10 oz	2 cups	
Salt	2 oz	1/4 cup	
* Shortening	2 lb	4 cups	
* Butter	8 oz	1 cup	
Eggs	1 lb	2 cups	
Milk		4 qt	

SERVING: One muffin provides 2-1/2 servings of bread.

RAISIN WHOLE WHEAT CAKE

Ingredients	96 Servings Weights	Measures	Directions
CAKE:			CAKE PREPARATION:
* All-purpose flour	1 lb 4 oz	1 qt 1 cup	1. Blend dry ingredients in mixing bowl.
* Whole-wheat flour	1 lb 3 oz	1 qt	
Brown sugar	1 lb 13 oz	1 qt	2. Beat eggs and add to dry mixture.
Baking soda		4 tsp	
Salt		2 tsp	3. Add juice, oil, and raisins or chopped prunes to mixture. Mix thoroughly.
Eggs		4	
Orange juice concentrate		1 qt	
* Oil		2 cups	4. Pour batter into 2 pans (12"x16"x2") and bake 40 to 50 minutes in a convection oven at 325° F or a conventional oven at 350° F.
* Raisins or chopped prunes	12 oz	2-1/4 cups	
GLAZE:			
Cornstarch		1/4 cup	GLAZE
* Honey	1 lb 8 oz	2 cups	5. Combine cornstarch and honey in a saucepan. Blend in the remaining ingredients.
* Nuts		2 cups	
* Butter	1 lb	2 cups	
Water		2 cups	6. Cook over medium heat, stirring constantly until mixture boils. Continue to boil for 1 minute longer.
			7. Pour over cake. Serve warm.

SERVING: One piece 2"x2"x2" provides 1/8 cup of fruit.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

OTHER

FOODS

Facts About USDA Commodities

BUTTER

Ingredients
Butter, U.S. Grade A, salted

Pack Size
1-pound cubes in 30-, 32-, or 36-pound case

Yield
One pound of butter will yield about 96 teaspoons (about 2 cups).

Uses
Butter adds flavor to cooked vegetables and breads, rolls, and other cereal products. Butter makes an excellent sauce for meat, fish, and vegetables. It may be used as an ingredient in cakes, cookies, and other baked goods.

Storage
Store butter at 0° F or lower for maximum storage life. Butter freezes at approximately 20° to 22° F. Freeze butter to maintain freshness when transporting. The chart shows maximum storage periods at different temperatures.

Temperature	0° F	32° to 35° F
Shelf Life in Months	18	1

Although butter may be safely kept slightly longer than the periods listed, the longer it is stored, the greater the chances are for flavor loss, shrinkage, and rancidity.

When storing butter for several days in the refrigerator, wrap it in air-tight plastic or store in a covered container. This prevents absorption of odors and protects it against light and air.

Nutritional Value
One teaspoon of salted butter provides 33 calories, and:

Protein	Trace	Iron	Trace	Thiamin	Trace	Sodium	38 mg
Carbohydrate	Trace	Vitamin A	141 IU	Riboflavin	Trace	Potassium	1 mg
Fat	3.7 g	Vitamin C	0	Niacin	Trace	Calcium	1 mg
						Phosphorus	1 mg

(Agriculture Handbook No. 8-4)

Preparation
To cut butter cleanly, cover knife blade with waxed paper.

A thin coating of butter on bread for sandwiches adds flavor and keeps the filling from soaking into the bread. To soften butter for use as a spread, hold amount needed at room temperature (65° to 75° F). Butter will melt at 80° to 95° F.

Butter Equivalencies:

If recipe calls for:	Use:
1 cup margarine	1 cup butter
1 cup shortening	1 to 1-1/8 cup butter, and subtract 1/2 teaspoon salt from the recipe.
1 cup lard	1-1/8 cup butter, and subtract 1/2 teaspoon salt from the recipe.

Recipe

VANILLA COOKIES

Ingredients	100 Servings Weights	Measures
* All-purpose flour	2 lb 4 oz	2-1/4 qt
Baking powder	1-1/4 oz	3-1/3 Tbsp
Salt		2 Tbsp
* Butter	1 lb 8 oz	3 cups
Sugar	2 lb	1 qt 1/2 cup
Eggs	14 oz	8 large
Vanilla	1 oz	2 Tbsp

Directions

1. Blend dry ingredients except sugar.
2. Cream butter and sugar until well blended. Add eggs and vanilla; beat to blend.
3. Add dry ingredients. Blend. Using No. 40 scoop (1-3/5 Tbsp) place cookies on a greased baking sheet. Bake 10 to 12 minutes at 375° F.

VARIATIONS:

Coconut: Add 1 lb of coconut to mix.

Chocolate Chip: Add 1 lb 11 oz chocolate chips with flour mixture.

Raisin: Add 1 lb 4 oz chopped seedless raisins with flour mixture.

SERVING: One cookie

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

HONEY

Ingredients
Grade A honey

Pack Size
6 5-pound cans per case

Yield
One pound of honey yields 22.3 1-tablespoon portions of honey.

Uses
Use honey as a spread for bread, muffins, and biscuits; as a sweetener for fruits, beverages, cakes, cookies, and frozen desserts; and in sandwich fillings along with dried fruits, peanut butter, or cottage cheese. It may be substituted for sugar in many recipes.

NOTE: DO NOT GIVE HONEY TO, OR USE IN FOODS FOR, INFANTS UNDER 1 YEAR OLD.

Storage
Honey keeps best when stored in a dry place at a temperature between 60° and 72° F. Honey may crystallize as it ages, or if stored in the refrigerator. To reliquefy crystallized honey, place the container of honey on a rack in a pan of lukewarm water. Overheating may cause a loss of color and flavor. Keep a partially used container of honey tightly covered to prevent it from absorbing moisture.

Unopened containers of honey can be stored for about 24 months at 70° F.

Nutritional Value
One tablespoon of honey provides 64 calories, and:

Protein	0.1 g	Iron	0.1 mg	Thiamin	Trace	Sodium	1 mg
Carbohydrate	17.3 g	Vitamin A	0	Riboflavin	0.01 mg	Potassium	11 mg
Fat	0	Vitamin C	Trace	Niacin	0.10 mg	Calcium	1 mg
						Phosphorus	1 mg

(Agriculture Handbook No. 456)

Preparation
Honey may be used in place of sugar in preparing puddings, custards, pie fillings, baked apples, candied and sweet-sour vegetables, glazes, frostings, and salad dressings. You may use less honey because it provides more sweetening than sugar.

If honey is to be the main sweetener in cakes and cookies, it is best to use recipes developed especially for honey. However, you may use honey for up to 20 percent of the sugar. Also, because honey contains about 20 percent water you may need to slightly lower the liquid in the recipe.

In both cakes and cookies, honey must be mixed thoroughly with the other ingredients to prevent a soggy layer from forming on top. Combine honey with either the shortening or the liquid.

Products containing honey brown faster than those made with other sweeteners. Therefore, reduce the oven temperature by 25° F when baking with honey. Cakes and cookies made with honey are noted for their keeping qualities. The ability of honey to absorb and retain moisture retards the drying out and staling of baked goods.

Recipes

HONEY CORN BREAD

Ingredients	96 Servings Weights	Measures	Directions
* Cornmeal	2 lb 11 oz	2 qt	1. Combine dry ingredients in mixing bowl.
* Flour	2 lb 3 oz	2 qt	2. Add eggs, honey, and water; stir until combined.
Baking powder		1/3 cup 1 Tbsp	3. Fold in oil. Pour batter into greased sheet pans (18"x26"x1").
Salt		2 Tbsp 1 tsp	
* Nonfat dry milk	4 oz	1-1/2 cups	4. Bake in convection oven at 350° F for 12 to 15 minutes or conventional oven at 325° F for 18 to 20 minutes.
Eggs		16	
* Honey	2 lb 3 oz	2 3/4 cups	
Water		1 qt	
* Oil		1 cup 1 Tbsp	

SERVING: One piece 3"x2" provides 1-1/4 servings of bread.

Tested by a State school food service

HONEYED CHICKEN, CHINESE STYLE

Ingredients	48 Servings Weights	Measures	Directions
* Cut-up frying chickens, 8-piece cut	24 lbs	8 whole	1. Place chicken pieces in shallow baking pans.
Eggs		8	2. Beat eggs slightly.
* Butter or margarine, melted		1 cup	3. Add melted butter or margarine, soy sauce, lemon juice, and honey to eggs and mix well.
Soy sauce		1/2 cup	
* Lemon juice		1 cup	
* Honey		2 cups	4. Pour sauce over chicken, turning pieces to coat.
			5. Bake uncovered in oven (300° F) for 1 hour or until done.

SERVING: One breast piece, or one thigh piece, or one wing and one drumstick provide 2 ounces or more of cooked poultry.

Tested by the California Honey Advisory Board

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

NONFAT DRY MILK

Ingredients
Dried (noninstant) pasteurized skim milk

Pack Size
50-pound bag

Yield
One pound of nonfat dry milk, reconstituted, will yield 20 cups of fluid milk; one pound of noninstant, nonfat dry milk is about 3-1/2 cups (dry); 3/4 cup (3.2 oz) dry + 3-3/4 cup water = about 1 quart fluid skim milk.

Uses
Use reconstituted nonfat dry milk in place of fresh milk in recipes such as soups, gravies, sauces, and custards. Nonfat dry milk may be combined with dry ingredients in a recipe for baked items and the required amount of water added with the liquid ingredients.

Storage
Nonfat dry milk stores best when tightly covered, kept cool and dry, and off the floor. When exposed to the air and moisture, it becomes lumpy and the flavor changes. After mixing with water, cover milk and refrigerate; use within 3 to 5 days. The chart shows maximum storage periods for the dry milk at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	24	12	3

Nutritional Value
One cup of nonfat dry milk (not reconstituted), nonfortified, provides 435 calories, and:

Protein	43.4 g	Iron	0.4 mg	Thiamin	0.50 mg	Sodium	642 mg
Carbohydrate	62.4 g	Vitamin A	43 IU	Riboflavin	1.86 mg	Potassium	2153 mg
Fat	0.9 g	Vitamin C	8.1 mg	Niacin	1.14 mg	Calcium	1508 mg
						Phosphorus	1162 mg

(Agriculture Handbook No. 8-1)

Preparation
When recipes specifying milk contain a large portion of dry ingredients, as for bread, biscuits, muffins, and cakes, nonfat dry milk may be mixed with the other dry ingredients and the water for reconstitution may be added to the liquid ingredients. Use as directed in recipes requiring dry milk, or reconstituted as a substitute in a cooked product when fresh milk is specified. In recipes specifying both weight and volume measurements for dry milk, using the weight will give more consistent results.

Recipe

TO PREPARE FLUID SKIM MILK, BUTTERMILK, AND SOUR MILK:

Ingredients	1 gallon reconstituted Weights	Measures	Directions
FLUID SKIM MILK			
* Nonfat dry milk, Noninstant	14 oz	3 cups	1. Sprinkle noninstant dry milk on top of water and beat with mixer, rotary beater, or wire whip until smooth.
Water, room temperature		3-3/4 qt	2. If not used immediately, cover and refrigerate.
BUTTERMILK			
* Nonfat dry milk, Noninstant	14 oz	3 cups	1. Reconstitute nonfat dry milk with lukewarm water. Stir in buttermilk.
			2. Cover. Let stand at room temperature 8 hours. Stir until smooth.
Water, lukewarm		3 qt	3. Cover and refrigerate until used.
Commercial buttermilk		2 cups	

To prepare SOUR MILK, use 1 cup vinegar in place of 1 cup of the water in Fluid Skim Milk recipe.
Note: From 3.2 to 3.5 ounces of nonfat dry milk can be used to make a quart of fluid milk. For convenience in measuring, 3.5 ounces (3-1/2 oz) nonfat dry milk per quart was used in this chart.

BREAD STICKS

Ingredients	100 Servings Weights	Measures	Directions
* All-purpose flour	2 lb	2 qt	1. Blend dry ingredients 2-1/2 minutes in mixer on low speed. Cut in shortening.
* Nonfat dry milk	5 oz	1 cup	
Baking powder	1-1/2 oz	1/4 cup	2. Add enough water to make a soft dough. Turn out on floured board.
Salt	1/2 oz	3/4 Tbsp	
* Shortening	12 oz	1-3/4 cup	3. Knead about 1 minute. Roll out to 1/8" thickness. Cut into strips 1/2" wide, 5" long.
Water		2 cups	4. Place on slightly greased baking sheet. Bake at 375° F for 12 to 15 minutes.

SERVING: One bread stick provides 1/2 serving of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

TOMATO CATSUP, Canned

Ingredients
Regular tomato catsup made from tomatoes and seasonings.

Pack Size
6 No. 10 cans per case

Yield
One No. 10 can (115 ounces) of tomato catsup will yield 11.4 cups.

Uses
Canned tomato catsup is ready for immediate use as a condiment and can be used in sauces, vegetable dishes, and main dishes.

Storage
Unopened canned tomato catsup should be stored off the floor in a cool, dry place. Temperature changes shorten life and speed deterioration of the catsup. Opened tomato catsup should be refrigerated covered in a nonmetallic container and used within 6 months. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	36	18	9

Nutritional Value
One tablespoon tomato catsup provides 16 calories, and:

Protein	0.3 g	Iron	0.1 mg	Thiamin	0.01 mg	Sodium	156 mg
Carbohydrate	3.8 g	Vitamin A	210 IU	Riboflavin	0.01 mg	Potassium	54 mg
Fat	0.1 g	Vitamin C	2 mg	Niacin	0.20 mg	Calcium	3 mg
						Phosphorus	8 mg

(Agriculture Handbook No. 456)

Preparation
Use tomato catsup as a condiment and as directed in recipes.

Recipes

HELEN'S BARBECUE SAUCE

Ingredients	1-3/4 Gallons Weights	Measures	Directions
* Catsup		1 gal	1. Place all ingredients in kettle or bowl. Mix thoroughly with wire whip. Let stand overnight.
Vinegar		3 cups	2. Use for chicken, turkey rolls, ground beef, or pork. This is enough sauce for 400 servings of chicken or turkey, or 200 servings of beef or pork.
Dry mustard		1 cup	
Red pepper		1 Tbsp	
Black pepper		3 Tbsp	
Chili powder		1 cup	
Brown sugar		1-1/2 cups	
Tomato juice		1 46-oz can	
Garlic powder		1-1/2 Tbsp	
Salt		1/4 cup	
Onion, dehydrated		1 cup	
Celery seed		1/4 cup	
Worcestershire sauce		1/4 cup	

Tested by a State school food service

CALICO BEANS

Ingredients	100 Servings Weights	Measures	Directions
* Ground beef (24% fat)	9 lb		1. Brown ground beef and cook onions until tender.
Onions		1 qt	2. Add catsup, brown sugar, vinegar, and mustard. Mix thoroughly.
* Baby limas, canned		1-1/2 No. 10 cans	3. Partially drain and add the three kinds of beans. Stir gently. Heat together and serve.
* Vegetarian beans		1-1/2 No. 10 cans	
* Red beans		1-1/2 No. 10 cans	
* Catsup		1 qt 1/2 cup	
Brown sugar		1 qt 1/2 cup	
Vinegar		3/4 cup	
Dry mustard		1/4 cup	

SERVING: 5/8 cup provides the equivalent of 3 ounces of cooked lean meat or 1 ounce of cooked lean meat and 1/2 cup of vegetable.

PORCUPINES IN SAVORY SAUCE

Ingredients	100 Servings Weights	Measures	Directions
* Ground beef	13 lb		1. Combine meat, rice, onions, celery, green pepper, eggs, Worcestershire sauce, mustard, and seasonings. Mix.
* Uncooked rice	2 lb 13 oz		2. Form into 200 balls, using a No. 20 scoop (3-1/5 Tbsp).
* Onions, finely chopped	2 lb 4 oz		3. Blend soup, broth, and catsup. Heat to boiling.
* Green pepper, finely chopped	1 lb 10 oz	1-1/2 qt	4. Pour over meatballs in shallow baking pans, portioning evenly.
Eggs		12	5. Cover and bake at 375° F (moderate oven) for 1 hour.
Worcestershire sauce	6 oz	3/4 cup	6. Remove from oven and sprinkle with cheese.
Prepared mustard	4 oz	1/2 cup	
Salt	5 oz	1/2 cup	
Pepper		1 Tbsp	
Garlic powder		1 Tbsp	
Condensed cream of mushroom soup	3 cans (50 oz each)	1 gal 2 cups	
Beef broth or water		1/2 gal	
* Tomato catsup	1 lb 13 oz	3 cups	
* Cheddar cheese, grated	2 lb	2 qt 1 cup	

SERVING: Two meatballs and 2 tablespoons sauce provide the equivalent of 2 ounces of cooked lean meat and 1/2 cup of rice.

Tested by the Rice Council of America

* Donated by the U.S. Department of Agriculture

TOMATO CATSUP

Facts About USDA Commodities

VEGETABLE OIL

Ingredients

Can be corn, cottonseed, peanut, soybean, sesame, sunflower, or safflower oil, in combination or singly and which has been partially hydrogenated and "winterized." Excludes olive oil.

Pack Size

6 1-gallon cans per case.

Vegetable oil has been "winterized." The term winterized means that the oil has received special processing so that, if used for salad dressing or mayonnaise, it will not solidify or separate at refrigerator temperatures.

Yield

For general use, oils (peanut, soybean, etc.) and hydrogenated shortening are interchangeable by weight but not by volume. One cup of oil weighs about 7.65 ounces. One pound of oil measures about 2-1/8 cups, and 1 pound of hydrogentated shortening measures about 2-1/4 cups.

Uses

Use in recipes specifying oil, melted fat, or hydrogenated shortening, such as for biscuits, cornbread, muffins, rolls, pie dough, and quick breads. Oil can also be used for deep-fat frying, pan greasing, oiling baked potatoes, and in salad dressing.

Storage

Store cans of oil off the floor in a cool, dry place. Carefully clean spout and replace screw cap tightly after each use. Exposure to air causes oil to lose quality. When held below 32° F oil may form solid material which will disappear on warming. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	24	12	6

Nutritional Value

One tablespoon of soybean oil has 120 calories, and:

Protein	0	Iron	0	Thiamin	0	Sodium	0
Carbohydrate	0	Vitamin A	0	Riboflavin	0	Potassium	0
Fat	13.6 g	Vitamin C	0	Niacin	0	Calcium	0
						Phosphorus	0

(Agriculture Handbook No. 8-4)

Preparation

Use as directed in recipes specifying oil, salad oil, or vegetable oil.

Recipes

PIGS IN BLANKETS

Ingredients	100 Servings Weights	100 Servings Measures	Directions
Compressed yeast or	5 oz		1. Prepare yeast dough: Dissolve yeast in warm water. Blend dry ingredients 1 minute in a 20-qt mixer bowl on low speed. Add oil. Add water while mixing on low speed with dough hook for 1 minute. Add yeast mixture while mixing on low speed for 4 minutes. Mix on medium speed for 10 minutes. Set bowl of dough in a warm place (90° F) about 30 minutes until doubled in volume.
active dry yeast	2-1/2 oz		
Warm water		2 qt 1/2 cup	
* Oil	8 oz		
* Nonfat dry milk	7 oz		
Sugar	8 oz		
Salt		3-1/2 Tbsp	
* All-purpose flour	7 lb 4 oz		2. Punch down dough. Divide into four equal portions. Roll each portion into a thin sheet and cut into 25 rectangles.
Frankfurters (all meat, 8 per lb)	12 lb 8 oz		3. Wrap one piece of dough around each frankfurter. Pinch edges of dough together to seal. Place on greased sheet pans and let rise in a warm place until almost doubled in volume. Bake 14 minutes at 400° F.

SERVING: One sandwich provides 2 ounces of cooked meat and 2 servings of bread.

FRENCH DRESSING

Ingredients	2 Quarts Weights	2 Quarts Measures	Directions
Cornstarch	2-1/2 oz	1/2 cup	1. Mix cornstarch, sugar, and water.
Sugar	5-1/4 oz	3/4 cup	2. Cook, stirring constantly, until thickened.
Water		1-1/4 qt	3. Remove from heat. Cool slightly.
Vinegar		1-1/2 cups	4. Mix in remaining ingredients.
* Oil	11 oz	1-1/2 cups	5. Chill.
Salt		2 tsp	
Dry mustard		1 Tbsp	
Paprika		1 Tbsp	
Onion juice		1 tsp	
Garlic powder		1/2 tsp	

SERVING: About 1 tablespoon.

Tested by U.S. Department of Agriculture

* Donated by the U.S. Department of Agriculture

Facts About USDA Commodities

VEGETABLE SHORTENING

Ingredients

Soybean oil shortening.
Antioxidants and an antifoaming agent may be added.

Pack Size

50-pound pack or
12 3-pound cans

Yield

One pound of vegetable shortening is equal to about 2-1/4 cups.

Uses

Use shortening in breads, pie crusts, cakes, cookies, and other baked items. Shortening may be used for pan-frying meat and poultry and for greasing pans.

Storage

Store shortening off the floor in a cool dry place. If held above 90° F it may lose its creaming ability. Wrap opened shortening, or cover it tightly, because it will lose quality with exposure to air. The chart shows maximum storage periods at different temperatures.

Temperature	40° F	70° F	90° F
Shelf life in months	48	24	12

Nutritional Value

One tablespoon of shortening provides 113 calories, and:

Protein	0	Iron	0	Thiamin	0	Sodium	0
Carbohydrate	0	Vitamin A	0	Riboflavin	0	Potassium	0
Fat	12.8 g	Vitamin C	0	Niacin	0	Calcium	0
						Phosphorus	0

(Agriculture Handbook No. 8-4)

Preparation

Use in recipes specifying shortening or fat.

Recipes

ENRICHED GARLIC ROLLS

Ingredients	100 Servings Weights	Measures
* Flour	8 lb	8 qt
* Nonfat dry milk		1-1/2 cups
Sugar	1 lb	2 cups
Salt		1/3 cup
Garlic powder		2 Tbsp
Wheat germ		1 qt
* Shortening		2 cups
Warm water		2 cups
Active dry yeast		1/2 cup 2 Tbsp
Lukewarm water		1 qt

Directions

1. Mix well all dry ingredients with dough hook. Add shortening and water to dry ingredients. Mix until mixture is crumbly.
2. Mix yeast in lukewarm water until dissolved. Add to above mixture. Mix until dough leaves sides of bowl.
3. Shape into rolls and let rise 45 minutes. Bake at 400° F until brown.

SERVING: One roll provides 2-1/2 servings of bread.

CALZONE (Meat-and-Cheese-Filled Dough)

Ingredients	100 Servings Weights	Measures
Active dry yeast	1/3 lb	
Warm water		3-1/2 cups
Warm water		1 qt 1/2 cup
Sugar	13-1/2 oz	
* Flour	7-1/4 lb	
Salt		1/4 cup
* Shortening, melted		1-2/3 cups
Ham, cooked	6-1/4 lb	
* Cheese	6-1/4 lb	

Directions

1. Dissolve yeast in 3-1/2 cups warm water. Put rest of water in mixing bowl, add the sugar to the yeast. Slowly mix while adding the flour, salt, and melted shortening.
2. Turn mixer on higher speed and mix until dough has left sides of bowl. Cover and let rise until double in bulk.
3. Roll dough to about 1/4" thickness. Cut dough in 5" squares and place 1 oz meat and 1 oz cheese in middle of each square. Fold dough over this and tuck in the ends.
4. Place on greased bun pan (18"x26") and let rise as you would a roll. Bake at 400° F for 20 to 25 minutes.

VARIATION:
Other meats may be substituted for ham.

SERVING: One 5" square provides the equivalent of 2 ounces of cooked lean meat and 2 servings of bread.

Tested by a State school food service

* Donated by the U.S. Department of Agriculture

MENUS FOR A WEEK

Beverage is milk for everyone at least once daily. Adults may occasionally wish to add coffee or tea to their meals.

Breakfast	Lunch	Dinner
	SUNDAY	
Orange quarters *Cornmeal french toast with honey Sausage patty	*Macaroni and cheese Chopped spinach *Honey raisin bran bars	*One and One casserole Broccoli *Cornmeal rolls *Yellow cake with *fluffy orange frosting
	MONDAY	
Sliced bananas Cheese scrambled eggs *Biscuits with butter	*Vegetable fried rice Celery sticks with peanut butter Canned plums	*Corn dogs Coleslaw Stewed tomatoes *Rice pudding
	TUESDAY	
1/2 Grapefruit *Quick coffee cake Ham	Vegetable-beef soup *Corn muffins with *Honey butter *Instant chocolate pudding	*Red beans and rice Lettuce and tomato salad *Peanut butter snack loaf
	WEDNESDAY	
Tomato juice *Muffins with butter Soft-cooked egg	*Cheese rarebit Turnip greens Fresh apple *Cornmeal cookie	*Mexican meat loaf Boiled potatoes *German style red cabbage *Indian pudding
	THURSDAY	
Canned peaches Ready-to-eat cereal Cheese toast	Peanut butter and raisin sandwich *Banana milkshake Fruit cup	*Crispy fried fish *Hush puppies *Spinach madeleine Orange quarters
	FRIDAY	
Orange juice *Cornmeal pancakes with honey	*Spanish rice Green peas 1/2 Grapefruit	*Tuna pizza Tossed salad Apple crisp
	SATURDAY	
Orange juice *Fried cornmeal mush with honey	Minestrone soup with rice Grilled cheese sandwich Fresh peach	*Turkey 'n' rice oriental Green beans Sliced tomatoes *Cornmeal gingerbread

*Check fact sheets or package labels for recipe.
Note: For best quality and lowest prices, buy fruits and vegetables in season.

acts about ...
UTTER

ckage contents: 1-pound packages. Butter is U.S. Grade A or higher and is salted.

tritional value: Butter is made from the natural fat of milk. A small amount provides high number of calories. Calories are food energy and our bodies need them. One blespoon of butter equals 102 calories. Butter is also a good source of vitamin A, ich helps keep your skin healthy and helps you see well, especially at night.

w to store: Store butter as soon as you can after you receive it. Store it in its iginal package in the refrigerator. It will keep this way for several weeks. Butter adily absorbs odors--particularly odors of strong flavored fruits, vegetables, cheeses, d fish. Make sure to store the butter away from these foods. After unwrapping butter, ep it in a covered butter dish or in plastic wrap.

u can also keep butter in a freezer or freezing compartment of your refrigerator. ap it in freezer wrap if you plan to keep it longer than 1 month.

u may keep butter safely for slightly longer than 1 month in the freezer or several eks in the refrigerator. But the longer you store it, the greater are the chances that e butter may lose flavor, shrink, or spoil.

w to use: Butter adds flavor to many foods. Use it as a spread for toast, hot rolls, ffins, griddle cakes, and waffles--or over fresh cooked vegetables--or in many baked oducts.

tter is a good spread on sandwiches. Soften the butter first, then spread it evenly er the bread.

u can use butter for pan or over frying. We don't recommend you use butter for deep ying, because it smokes and burns at fairly low temperatures.

u can measure the butter by using individual cups, measuring 1/4, 1/3, 1/2, or 1 cup, measuring spoons. Press butter firmly into the measuring cup until it is full.

e pound of butter equals 2 cups.

ep in mind that butter softens at room temperatures, 65 to 75° F and will melt at 80 95° F. Handle the butter as little as possible at these temperatures to keep it fresh.

a special diet: If you are on a low-fat or low-salt diet, you may want to limit the ount of butter you eat in a day.

Facts about...
PASTEURIZED PROCESS AMERICAN CHEESE

Package size: 5-pound loaf

Nutritional value: Process cheese is high in protein, riboflavin, and calcium. It helps build strong bones, good teeth, and muscle.

How to store...

Store process American cheese in the refrigerator. Keep it in the packing it comes in, until you are ready to use it. Air can cause cheese to become dry and mold to grow. Any mold on the surface of the cheese should be trimmed off completely. Then rewrap the cheese tightly. Tape the open ends to seal them.

To help protect cheese, always work with it with clean hands and in a clean area. Cheese that's well wrapped will keep in the refrigerator for 3 to 4 weeks.

We do not recommend that you freeze cheese, because it dries out and crumbles. If you do freeze it, do so only for a few months and thaw it in the refrigerator. This will make it less crumbly.

How to prepare...

When you eat cheese "as is" it tastes best at room temperature. Let the amount of cheese you need warm at room temperature for at least 30 minutes before you serve it.

Process cheese is convenient to use in cooked foods. It melts easily and blends well with other foods. It blends more easily with other ingredients and melts more quickly when you shred it or cut it in small pieces.

Cook all dishes that contain cheese at low temperature. This prevents it from becoming rubbery and stringy.

Suggestions for serving...

You can serve process cheese "as is," with fruit, in sandwiches, in salads, and a few tablespoons grated over soups. Or you might cook the cheese in sauces, breads, and in combination with other foods.

A few ideas...

CHEESE-VEGETABLE BAKE (use such vegetables as zucchini or broccoli)

Slice vegetables in 1-inch pieces. Cook them until they are crisp-tender and drain well. Layer with grated or cut-up cheese in a baking pan. Bake at 250° F about 30 minutes, or until cheese is melted through.

MACARONI AND CHEESE—6 servings, about 2/3 cup each

2 tablespoons butter or margarine
¼ cup unsifted flour
½ teaspoon salt
2 cups milk
½ teaspoon mustard
1½ cups shredded or cut-up cheese
3 cups cooked macaroni

Melt fat in a saucepan. Mix in flour and salt. Add milk slowly, stirring all the time and cook over medium heat until sauce starts to boil. Lower heat and cook until thickened, about 3 minutes. Add mustard and cheese and stir over low heat until cheese melts. Mix in cooked macaroni and heat.

CHEESE-MEAT LOAF

2 slices bread
1/3 cup milk
½ onion
2 eggs
3/4 pound ground beef
½ cup cut-up cheese
1 teaspoon salt

Soak bread in milk. Chop onion. Beat eggs. Mix all ingredients well. Shape into a loaf in a baking pan. Bake at 375° F (moderate oven) for 1 hour.

CHEESE RAREBIT—6 servings, ½ cup each

3 cups shredded or cut-up cheese
1¼ cups milk
1 beaten egg
1 teaspoon Worcestershire sauce
½ teaspoon mustard
6 or 12 slices toast, as desired

Combine all ingredients except toast. Cook over low heat, stirring constantly, until cheese melts and mixture is slightly thickened. Serve immediately on toast.

On a special diet...

If you are on a low-fat or low-salt diet, you may want to limit the amount of process cheese you eat in a day.

Facts about...
INSTANT NONFAT DRY MILK

Package Size: 4 pounds (makes 20 quarts liquid skim milk).

Nutritional Value: Nonfat dry milk is fresh pasteurized milk with only the water and butterfat removed. This milk has been fortified with vitamins A and D.

Milk is a basic food that everyone in the family needs, every day. Milk, including nonfat dry milk, is an excellent source of calcium, a mineral needed for bones and teeth. It provides high-quality protein, riboflavin, and other vitamins and minerals. Nonfat dry milk is also low in calories.

How to Store: You can store nonfat dry milk in its original container in a cool, dry place, along with other food staples. It needs no refrigeration. However, after you have added water or other liquid, you should cover the milk, store it in the refrigerator, and use it within 3 to 5 days. Use the dry milk within a few months.

How to Use: Mixed with water, you can drink it and use it in recipes. You can also add it to recipes in dry form.

Instant nonfat dry milk mixes easily with water. To make 1 quart of liquid skim milk, take 1-1/3 cups dry milk, and 4 cups water. Add dry milk to water gradually while stirring briskly. Or put water in a container with a top, add the dry milk, cover the container, and shake.

When you serve milk made from dry milk as a beverage, mix it several hours ahead and refrigerate it. Serve cold. Adding a small amount of whole milk improves the flavor.

You can use the liquid milk in your recipes, but you do not need to make the milk first. Simply add the dry milk to the dry ingredients, and add the water to the other liquid ingredients. For every cup of milk called for, use 1/3 cup of dry milk and 1 cup of water.

You can also add extra amounts of dry milk to increase the nutritive value of foods.

Some recipes follow:

Biscuits (makes 8 to 12 biscuits)

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
1/3 cup dry milk
1/3 cup shortening
3/4 cup water

Mix the first four ingredients thoroughly. Cut in the shortening with a fork until mixture is crumbly. Stir water in gradually to make a dough that is soft but not sticky. Knead gently on a lightly floured board. Roll or pat dough to ½- or 3/4-inch thickness. Cut with a small floured glass or into squares. Place on an ungreased baking sheet, 1 inch apart for crusty biscuits or close together for softer ones. Bake at 450° F (very hot oven) for 12 to 15 minutes or until golden brown.

Banana Milkshake (makes 1 serving, about 1½ cups)

1 cup milk, made from dry milk
1 banana
½ teaspoon vanilla (optional)

Mash banana well. Add milk and blend with a beater or shake in a jar. Serve immediately or refrigerate and serve later.

Orange Punch (makes 4 servings, about 14 fluid ounces each)

5 cups cold water
1 cup nonfat dry milk
12-ounce can frozen unsweetened orange juice

Mix water with milk powder and add frozen juice. Stir well or blend. Chill and serve.

Tuna and Macaroni (makes 4 servings, about 1 cup each)

About 2 cups cooked macaroni (1 cup uncooked)
¼ small onion, chopped
3 tablespoons flour
2 cups milk, made from dry milk
6½-ounce can chunk tuna

Drain macaroni and leave in cooking pan. Add onion. Mix flour with a little of the milk until smooth and still thin enough to pour. Put remaining milk in macaroni and stir in the flour mixture. Cook and stir gently until thickened. Add tuna and heat, stirring just enough to keep from sticking. Serve. Store leftovers in refrigerator.

Potato-Frosted Meatloaf (makes 6 to 8 servings)

1 cup dry bread crumbs
3/4 cup dry milk
8-ounce can tomato sauce
1 egg, slightly beaten
½ teaspoon salt
½ teaspoon Worcestershire sauce
1½ pounds ground beef
½ cup chopped onion

Combine bread crumbs and 3/4 cup dry milk. Stir in tomato sauce, egg, ½ teaspoon salt, and Worcestershire sauce and blend well. Add meat and onion. Mix well until blended. Place in a 9- by 5- by 3-inch loaf pan and bake in a moderate oven, 350° F, for 45 minutes. Remove from oven. Invert pan on baking sheet and remove pan.

6 medium potatoes, cooked
1/3 cup dry milk
2 to 4 tablespoons water
½ teaspoon salt
1 tablespoon butter or margarine

Meanwhile, cook and mash potatoes. Add 1/3 cup dry milk, water, ½ teaspoon salt, and butter or margarine. Beat until fluffy. Spread over top and sides of meatloaf. Return to oven for 12 to 15 minutes or until potatoes are delicately browned. Slice to serve. Store leftovers in refrigerator.

One-Pan Macaroni and Cheese (makes 4 servings, 2/3 cup each)

About 2 cups cooked elbow macaroni (1 cup uncooked)
½ cup water
2/3 cup dry milk
1 cup diced or shredded cheese

Drain macaroni and leave in pan. Mix water and dry milk, and add to macaroni. Add cheese. Stir over low heat until cheese is melted. Store leftovers in refrigerator.

Instant Pudding

Make milk from dry milk according to the directions and use it for making instant pudding. Follow directions on pudding package. Let stand at room temperature until set. If pudding is to be served later, cover and refrigerate.

Raisin-Rice Pudding (makes 4 servings, 3/4 cup each)

2 cups water
½ cup uncooked rice
¼ teaspoon salt
½ cup raisins
1 tablespoon butter or margarine
1 cup dry milk
1/3 cup sugar
1 cup water
1 teaspoon vanilla

Heat 2 cups water to boiling. Stir in rice, salt, raisins, and butter or margarine. Lower heat. Cover and cook 30 minutes. Remove from heat. Mix dry milk, sugar, and 1 cup water until smooth. Add to rice. Add vanilla. Stir over low heat until hot. Cool to thicken. Store in refrigerator.

For additional recipes write to the American Dry Milk Institute, Inc., 130 North Franklin Street, Chicago, Illinois 60606

Facts about ...
CORNMEAL

Package Size: 5-pound bag (1 pound dry cornmeal equals about 3 cups dry; 1 cup dry uncooked cornmeal yields about 4 cups cooked)

Nutritional Value: The cornmeal being distributed is enriched degerminated yellow cornmeal. Cornmeal is an energy food and is enriched with three B vitamins (thiamin, riboflavin, and niacin) and iron. The B vitamins help your body grow at a normal rate; iron helps build healthy blood. Calcium and vitamin D also may be added to cornmeal. Check the package label for the nutrients provided per serving of cornmeal.

How to Store: Store the cornmeal at room temperature in tightly closed containers to keep out dust, moisture, and insects. Choose a relatively cool, dry place in your kitchen - not above the range or refrigerator or below the sink. For best quality, use degerminated cornmeal within 4 to 6 months.

How to Use: Cornmeal may be served as a hot cereal or used as a coating for frying, as a meat extender, or in recipes for pancakes, muffins, breads, cookies, or desserts. Several recipes follow; check the label on the package for other recipes using cornmeal.

You can use liquid milk made from nonfat dry milk in these recipes. Use as a liquid or add the dry milk to the dry ingredients and add the water to the other liquid ingredients. For every cup of milk called for, substitute 1/3 cup of dry milk and 1 cup of water.

CORNMEAL FRENCH TOAST (8 slices)

1 cup reconstituted instant nonfat dry milk
2 eggs, beaten
1 teaspoon ground cinnamon
1 teaspoon margarine
8 slices bread
1/2 cup cornmeal

Mix milk, eggs, and cinnamon thoroughly. Melt margarine on griddle or frypan. Dip each side of bread in milk mixture. Sprinkle 1/2 tablespoon cornmeal on one side of dipped bread; place bread, cornmeal side down, on griddle or frypan. Sprinkle 1/2 tablespoon cornmeal on top of bread. Repeat with remaining bread slices. Brown on both sides, about 5 minutes per side. Serve immediately.

CORN PANCAKES (makes about 24 small pancakes)

1 cup flour
1 cup cornmeal
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
2 eggs
1-1/2 cups fluid milk
1/3 cup melted fat or oil

Mix flour, cornmeal, baking powder, salt, and sugar. Set aside. Beat eggs in a large bowl. Add milk. Add fat or oil. Add the flour mixture and stir just enough to mix. Cook pancakes on a heated, greased frypan until covered with bubbles. Turn pancakes and brown other side.

CORNMEAL WAFFLES (makes 4 servings)

1 egg, well beaten 3/4 cup melted shortening 1-1/2 cups fluid milk 1-1/2 cups cornmeal 1/2 cup flour 3 teaspoons baking powder 1/2 teaspoon salt 1 tablespoon sugar	Combine egg, shortening, milk, and corn meal. Sift flour with baking powder, salt, and sugar. Add to first mixture. Beat until smooth. Batter should pour; if necessary use a little more milk. Bake in hot waffle iron. Leftover batter may be kept in refrigerator and used the next day; it might be necessary to add a little more liquid.

CORNMEAL MIX (makes about 5-3/4 cups mix)

2 cups cornmeal 2 cups flour 2/3 cup instant nonfat dry milk 1/4 cup sugar 2 tablespoons baking powder 1 teaspoon salt 1/2 cup shortening	Mix dry ingredients thoroughly. Cut in shortening with pastry blender or mixer until fine crumbs are obtained and shortening is evenly dispersed. Store in tightly covered container in refrigerator. Use within 3 months. Use for cornbread and cornmeal muffins (see recipes below).

CORNMEAL MUFFINS (using cornmeal mix) (makes 12 muffins)

1 egg 1 cup water 3 cups cornmeal mix (see recipe above)	Preheat oven to 400° F (hot). Lightly grease muffin tins. Mix egg and water thoroughly. Stir into cornmeal mix until dry ingredients are barely moistened. Batter will be lumpy. Fill muffin tins two-thirds full. Bake until lightly browned, about 20 minutes.

CORNBREAD (using cornmeal mix) (makes 12 servings, about 2 by 2-1/2 inches each)

1 egg 1 cup water 2-1/2 cups cornmeal mix (see recipe above)	Preheat oven to 400° F (hot). Lightly grease 8- by 8-inch baking pan. Mix egg and water thoroughly. Stir into cornmeal mix until dry ingredients are barely moistened. Batter will be lumpy. Pour into pan. Bake until edges are browned and center is firm, about 25 minutes.

SPOONBREAD (makes 6 servings, 2/3 cup each)

3 cups fluid milk 1 cup cornmeal 1-1/2 teaspoons salt 2 tablespoons fat or oil 3 eggs	Preheat oven to 400° F (hot oven). Lightly grease baking pan. Mix milk, cornmeal, salt, and fat or oil in a saucepan. Cook and stir over medium heat until thickened. Beat eggs in large bowl. Slowly pour and stir cornmeal mixture into eggs. Pour batter into a greased baking pan. Bake 35 to 40 minutes, until top of spoonbread is firm. Serve at once.

CORNMEAL ROLLS (makes 24 rolls)

3-1/2 cups flour
1/4 cup sugar
1-1/2 teaspoons salt
1 package active dry yeast
1 cup fluid milk
1/4 cup shortening
1 egg
3/4 cup cornmeal

Mix half the flour with the sugar, salt, and yeast in a large bowl. Set aside. Heat milk and 1/4 cup shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth. Add egg. Beat well. Mix in rest of flour and the cornmeal. Knead dough about 300 times or about 10 minutes (see TO KNEAD). Put dough in a greased bowl. Turn dough so top will be greased. Cover. Let rise in warm place about 1-1/2 hours until doubled in size. Punch down in bowl to remove air bubbles. Divide dough in 24 pieces and roll in balls. Put 1 inch apart in a greased baking pan. Cover loosely with greased wax paper. Let rise in a warm place until doubled in size, about 1 hour. Bake at 375° F (moderate oven) about 15 minutes until lightly browned.

TO KNEAD: Put a little flour on a smooth surface and on hands. Put dough on surface. Fold far side of dough toward you. Then with heels of hands push down into dough and away from you with a rolling motion. Fold over and push down two or three times. Turn dough around slightly. Continue kneading. Add a little flour when needed to keep dough from sticking.

CORNMEAL FRITTERS OR HUSH PUPPIES (makes about 30 small fritters or hush puppies)

1 medium-size onion
1 egg
1 cup fluid milk
2 tablespoons melted fat or oil
1 cup cornmeal
1 cup flour
1 tablespoon baking powder
1 teaspoon salt
Fat or oil 1 inch deep in frypan

Chop onion finely. Beat egg in large bowl. Add rest of ingredients except fat for frying. Mix well. Heat the fat or oil in frypan. Drop batter from a teaspoon into hot fat. Fry 2 to 3 minutes until golden brown on all sides. Remove from fat and drain.

MEXICAN MEAT LOAF (makes 6 servings)

1 medium-size onion
1/4 cup green pepper
1-1/2 pounds ground beef
1 egg
1/2 cup cornmeal
2 cups cooked or canned tomatoes
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon chili powder

Chop onion and green pepper. Mix all ingredients well. Shape into a loaf in a baking pan. Bake at 350° F (moderate oven) about 1 hour until browned.

CRISPY FRIED FISH (makes 4 servings)

1 pound frozen fish fillets
Fat for frying
1/3 cup cornmeal
1/2 teaspoon salt
Pepper, as desired

Thaw frozen fish. Wash and drain. Heat fat in frypan. Dip fish in a mixture of cornmeal and seasonings. Fry over medium heat 4 to 5 minutes until browned on one side. Turn gently and fry fish 4 to 5 minutes longer until browned on other side and fish flakes easily when tested with a fork. Drain well.

CORN DOGS (makes 8-12 servings)

1 cup cornmeal
1 cup flour
2 teaspoons baking powder
1/2 cup instant nonfat dry milk
1 teaspoon salt
1 cup water
1 egg, slightly beaten
2 tablespoons melted fat or oil
1 pound frankfurters
Fat or oil for deep frying

Mix the cornmeal, flour, baking powder, nonfat dry milk, and salt. Add water and egg. Add fat or oil and stir until mixed. Dip frankfurters in batter and let excess batter drain into bowl. Fry in heated fat or oil for 2 to 3 minutes until browned, turning once. Remove from fat and drain. Serve hot with mustard.

CORNMEAL GINGERBREAD

1 cup flour
1 cup cornmeal
1/2 teaspoon salt
1 teaspoon baking soda
2 teaspoons ginger
1/2 cup fat (margarine, butter, or shortening)
1/2 cup brown sugar, packed
1 egg
1/2 cup molasses
3/4 cup hot water

Preheat oven to 350° F (moderate oven). Lightly grease cake pan. Mix flour, cornmeal, salt, baking soda, and ginger. Set aside. Mix fat, sugar, and egg. Beat well. Stir in molasses. Mix in half the flour mixture until smooth. Stir in half the hot water. Mix in rest of flour mixture until smooth. Stir in rest of hot water. Fill greased cake pan half full. Bake about 45 minutes until gingerbread springs back when touched near center.

INDIAN PUDDING (makes about eight 1/2-cup servings)

1/4 cup cornmeal
1 cup water
1 teaspoon salt
2 cups fluid milk
1 egg, beaten
1/4 cup sugar
1/2 cup molasses
1 tablespoon fat (margarine or butter)
1 teaspoon cinnamon
1/2 teaspoon ginger

Mix cornmeal, water, salt, and the 2 cups of milk in a saucepan. Bring to a boil, while stirring. Boil gently for 10 minutes. Mix egg, sugar, molasses, fat, and spices. Stir into cornmeal mixture. Pour into a greased casserole. Bake at 325° F (slow oven) for 30 minutes. Stir in the 1 cup of milk. Bake 1-1/2 hours longer.

Facts about ...
HONEY

Package Size: 3-pound container

Nutritional Value: Honey provides energy. One tablespoon of honey contains 64 calories.

How to Store: Honey keeps best when stored in a cool, dry place. Cover container tightly. Honey will crystallize naturally; do not refrigerate, as this will hasten crystallization. To reliquify crystallized honey, place the container (not plastic) of honey in a pan of warm (not hot) water until clear.

Uses: Honey may be used for children over 1 year as a spread for bread, muffins, and biscuits; as a sweetener for fruits, beverages, cakes, cookies, and frozen desserts; in sandwich fillings along with dried fruits, peanut butter, or cottage cheese. It may easily be substituted for sugar in custards, glazes, frostings, pie fillings, cobblers, baked apples, puddings, candied vegetables, and salad dressings.

NOTE: HONEY SHOULD NOT BE GIVEN TO, OR USED IN FOODS FOR, INFANTS UNDER 1 YEAR OLD.

If honey is to be the main sweetener in cakes and cookies, it is best to use recipes especially designed for honey. However, you may use honey to replace part of the sugar along these guidelines:

Cakes: Replace 1/2 of the sugar (reduce the total liquid by 1/4 cup for every 1 cup of sugar being replaced).

Cookies: Brownies - Replace 1/2 of the sugar.

Fruit Bars - Replace 2/3 of the sugar.

Gingersnaps - Replace no more than 1/3 of the sugar. Mix the honey with either the shortening or the liquid. Mix thoroughly to avoid a soggy layer on top.

Products containing honey brown faster, so reduce the oven temperature by 25° F when baking with honey.

Following are some recipes for using honey:

HONEY BUTTER Blend 1/2 cup softened butter with 1/3 cup honey. Refrigerate and use as desired. For variation, add 2 tablespoons fresh orange or lemon juice and 1 teaspoon grated peel - or add 1 teaspoon cinnamon to make cinnamon honey butter.

TURKEY 'n' RICE ORIENTAL (makes 8 servings)

4 cups cooked turkey, diced
Salt and pepper to taste
1/2 cup honey
1/4 cup prepared mustard
1 teaspoon curry powder
4 tablespoons turkey drippings
2 cups rice, cooked

Spread diced cooked turkey on a shallow pan, season. Mix together honey, prepared mustard, curry powder, and turkey drippings. Blend into turkey. Bake in moderate oven (350° F) for about 30 minutes, stirring once or twice. Spoon over cooked rice.

NOTE: Wonderful as a marinade for uncooked chicken pieces. When used in this fashion omit turkey drippings. Chicken will require approximately 1 hour and 15 minutes to bake.

GERMAN STYLE RED CABBAGE (makes about 8 servings)

1 large red cabbage (about 3-3/4 pounds)
2 tablespoons butter or margarine
2 cups coarsely chopped onion
1 clove garlic, minced
1 tart green apple pared, cored, and thinly sliced
1/2 cup red wine vinegar
1/4 cup water
1 tablespoon caraway seeds
1/3 cup honey

Cut cabbage in wedges and remove core. Chop cabbage into bite-size pieces. Melt butter in large Dutch oven or saucepan. Add onion and garlic. Saute until wilted. Add cabbage and stir-fry about 5 minutes. Add apple slices, vinegar, water, caraway seeds and honey. Stir gently to mix well. Cover and cook over very low heat 1 to 1-1/4 hours.

HONEY RAISIN BRAN BARS (makes 18 bars)

1/2 cup flour, sifted
1 teaspoon baking powder
1/2 teaspoon salt
1 cup raisins
1/2 cup nutmeats, coarsely chopped
1/2 cup whole bran cereal
2 eggs
3/4 cup honey, slightly warm

Sift flour with baking powder and salt. Combine with raisins, nutmeats, and whole bran cereal. Beat eggs until very thick; beat in honey a small amount at a time. Add flour mixture; beat well. Spread batter about 1/2 inch thick in greased pan, 9 by 9 inches. Bake in moderate oven (375° F) about 25 minutes. Cut into bars while warm and sprinkle with confectioner's sugar, if desired.

Recipes courtesy of California Honey Advisory Board

For additional free recipes write:

California Honey Advisory Board
Box 32
Whittier, CA 90608

Facts about ...

RICE

Package Size: 2-pound bag (1 pound uncooked rice equals about 2-1/3 cups dry; 1 cup uncooked rice yields 3 cups cooked).

Nutritional Value: The rice may be long grain, medium grain, or short grain (check the label) and is enriched with three B vitamins (thiamin, riboflavin, and niacin) and iron. The B vitamins help your body grow at a normal rate; iron helps build healthy blood. Check the package label for the nutrients provided by a serving of rice.

Rice has a low fiber content and is easily digested. It contains only a trace of fat, is cholesterol-free, and is low in sodium.

How to Store: Rice should be stored in a cool dry place. Store at room temperature in tightly closed containers to keep out dust, moisture, and insects. The maximum suggested storage time to keep the best quality is about 1 year.

How to Use: Rice is easy to cook - you can boil, steam, oven cook, or fry it. You can serve it plain as a cereal or an accompaniment to a main course; you can use it with equal success in many types of foods: soups, salads, main dishes, and desserts.

Keep in mind that most kinds of rice swell during cooking. To keep as many nutrients as possible in cooked rice:

- Do not wash rice before cooking. Packaged rice is clean.
- Follow the directions carefully for the amount of water (or other liquid) to use.
- Do not rinse rice after cooking.

Leftover cooked rice can be used in most combination dishes that call for cooked rice.

Several recipes follow for using rice:

BAKED RICE (makes about 3 cups cooked rice)

1 cup uncooked rice
2 cups boiling water or broth
1 tablespoon butter or margarine
1 teaspoon salt

Combine ingredients in a buttered casserole. Stir. Cover with a tight-fitting lid or heavy-duty foil. Bake at 350° to 375° F for 25 to 30 minutes or until rice is tender and liquid is absorbed. Ideal for any oven meal!

RICE STUFFING FOR POULTRY (makes 6 servings, about 1/2 cup each)

1/4 cup onion, chopped
1/2 cup celery, chopped
2 tablespoons butter or margarine
1 cup white rice, uncooked
2 chicken bouillon cubes
2 cups hot water
1 teaspoon salt
1 teaspoon poultry seasoning

Cook onion and celery in fat in a large frypan until tender. Add rice. Heat, stirring often, about 5 minutes. Add remaining ingredients and bring mixture to a boil. Reduce heat and cover tightly. Boil gently about 15 minutes, or until rice is tender and all liquid is absorbed. Use to stuff a 4- to 5-pound chicken or duckling.

RED BEANS AND RICE (makes 6 servings, about 3/4 cup each)

1/2 cup onion, chopped
1/2 cup celery, chopped
1 clove garlic
2 tablespoons butter or margarine
16-ounce can kidney beans
2 cups cooked rice
1 tablespoon parsley, chopped
1/4 teaspoon salt
1/8 teaspoon pepper

Cook onion, celery, and garlic in fat until tender. Remove garlic. Add remaining ingredients. Simmer together for 5 minutes to blend flavors.

Variation: Add a ham bone or pieces of cooked pork sausage, and simmer 30-45 minutes.

CHINESE-STYLE DINNER WITH CABBAGE AND RICE (makes 4 servings, each about 3/4 cup meat mixture and 1/2 cup rice)

1 tablespoon fat or oil
3 stalks celery, cut in thin strips 1 inch long
1 small onion, thinly sliced
2 tablespoons cornstarch
1-1/2 cups water
1/4 cup soy sauce
1/2 small head cabbage, chopped
About 1-1/2 cups cut-up, cooked fresh pork
About 2 cups cooked rice (2/3 cup uncooked)

Heat fat in a large pan. Add celery and onion and cook until lightly browned. Mix cornstarch, water, and soy sauce. Pour into pan with celery and onion. Cook and stir until thickened and clear. Stir in cabbage and meat. Cover and cook about 3 minutes, leaving cabbage crisp. Serve on rice.

RICE CHEDDAR (makes 6 servings)

3/4 cup sliced green onions, including tops
2 tablespoons butter or margarine
3 cups cooked rice
1/4 cup diced pimientos
1 cup diced cheddar cheese

Saute onions in butter until golden brown. Add rice and pimientos. Cook over low heat until rice is thoroughly heated, stirring occasionally. Stir in cheese. Serve at once.

ONE AND ONE CASSEROLE (makes 6 servings)

1 pound lean ground beef
1 cup uncooked rice
1 package (1-1/8 ounces) dry onion soup mix
1 can (10-3/4 ounces) condensed cream of mushroom soup
1 cup water
1 cup sliced green onion tops

Crumble ground meat in a buttered 2-1/2 quart casserole. Sprinkle with rice and soup mix. Blend mushroom soup and water. Pour over rice. Spread onion tops over mixture. Cover and bake at 350° F for 1 hour.

Recipe courtesy of Rice Council, Houston, Texas

RICE AND CHICKEN WITH VEGETABLES (makes 6 servings)

1 cup chopped onions
2 tablespoons butter or margarine
1 cup uncooked rice
2 cups chicken broth
1 teaspoon salt
1/2 teaspoon ground black pepper
2-1/3 to 3 cups cooked chicken (leave in large pieces)
1/4 cup sliced pimientos
1 medium green pepper, cut in thin strips
1 cup drained cooked peas (fresh, frozen, or canned)

In a 2-1/2 quart saucepan cook onions in butter until soft but not brown. Add rice, broth, salt, and pepper. Heat to boiling, stir once, reduce heat, cover, and simmer 15 minutes or until rice is tender and liquid is absorbed. Add remaining ingredients. Mix lightly; cook, covered, 5 minutes longer.

Recipe courtesy of Rice Council, Houston, Texas

SPINACH MADELEINE (makes 6 servings)

1 cup chopped onions
2 packages (10 ounces each) frozen chopped spinach
1-1/2 tablespoons butter or margarine
1-1/2 tablespoons flour
Milk
3/4 teaspoon each, salt and celery salt
1/4 teaspoon each, garlic powder and ground black pepper
1-1/2 teaspoons Worcestershire sauce
2 cups grated cheddar cheese, divided
3 cups cooked rice

Cook onions with spinach according to spinach package directions. Drain and reserve liquor. Melt butter; add flour and blend until smooth. Combine spinach liquor with enough milk to make 1 cup. Pour slowly into flour mixture; cook, stirring constantly, until thickened. Add seasonings, Worcestershire sauce, and 1 cup cheese. Cook, stirring, until cheese melts. Add rice and spinach. Turn into a greased shallow 2-quart casserole. Top with remaining cheese. Bake at 350° F for 20 minutes, or until thoroughly heated.

Recipe courtesy of Rice Council, Houston, Texas

VEGETABLE FRIED RICE (makes 4 servings, 1 cup each)

2 teaspoons oil
1/2 cup celery, sliced
1/4 cup onion, chopped
10-ounce package frozen peas and carrots
2 cups rice, cooked, unsalted, cold
1 tablespoon Worcestershire sauce
1/4 teaspoon garlic powder
1/4 teaspoon salt
Dash pepper

Heat oil. Add celery and onion. Stir-fry for 2 minutes. Add peas and carrots. Continue to stir-fry, turning pieces constantly, until vegetables are tender crisp, about 4 minutes. Add rice. Sprinkle with seasonings. Stir-fry until rice is heated and flavors are blended, about 2 minutes.

TUNA RICE SALAD (makes 8 servings)

2 cups cooked rice, cooled
2 cans (6 to 7 ounces each) tuna, drained
1 cup drained, cooked green peas
1/2 cup chopped onions
1 cup sliced celery
1 teaspoon salt
1/2 teaspoon ground black pepper
4 or 5 drops Tabasco sauce
1/2 cup mayonnaise
Bottled avocado dressing

Mix rice with tuna, peas, onions, celery, seasonings, and mayonnaise. Chill. Fill tomato petals with tuna mixture, if desired. (Cut out blossom ends of tomatoes and cut into sixths or eighths - almost but not quite through to give a petal effect.) Arrange on salad greens, if desired. Top with avocado dressing.

Recipe courtesy of Rice Council, Houston, Texas

RICE PUDDING (makes 4 servings, about 3/4 cup each)

2 cups water
2/3 cup rice, uncooked
1/4 cup sugar
1/4 teaspoon salt
1/4 cup raisins
1 cup instant nonfat dry milk
1-1/2 cup water
1 tablespoon margarine
1-1/2 teaspoons vanilla

Heat 2 cups water to boiling. Add rice. Reduce heat, cover, and boil gently until rice is tender and most of the water is absorbed, about 15 minutes. Stir in sugar, salt, raisins, dry milk, 1-1/2 cups water, and margarine. Mix well. Cook uncovered over low heat, stirring occasionally, until pudding has a creamy consistency, about 20 minutes. Do not allow pudding to boil. Stir in vanilla. Serve warm or cold.

ORANGE-RAISIN RICE (makes 6 servings, 2/3 cup each)

1/2 cup honey or corn syrup
4 cups cooked rice
1 cup raisins
1 tablespoon margarine or butter
1/2 cup orange juice
1/2 cup chopped nuts, optional

Heat honey or corn syrup in heavy pan until warm. Add rice, raisins, and fat. Cook over medium heat 5 minutes. Stir in orange juice. Serve warm or cold. Sprinkle with chopped nuts (if you like).

For additional free recipes write: Rice Council of America, P.O. Box 740121, Houston, Texas 77274

Facts about ...

ENRICHED ALL-PURPOSE FLOUR

Package Size: 5-pound bag

Nutritional Value: Enriched all-purpose flour is wheat flour enriched with three B vitamins (thiamin, riboflavin, and niacin) and iron. The B vitamins help your body grow at a normal rate; iron helps build healthy blood. Check the package label for the nutrients provided by a serving.

How to Store: Store flour in a cool dry place. After opening, keep unused flour in tightly covered container to keep out dust, moisture, and insects.

How to Use: Use all-purpose flour for all types of baked products including yeast breads and rolls, quick breads, cakes, cookies, and pastry. It may also be used to thicken sauces and gravies.

To measure flour, spoon unsifted flour lightly into a measuring cup. Sifting is not necessary.

Some recipes follow; check the label on the package for other recipes using all-purpose flour.

You can use liquid milk made from nonfat dry milk in these recipes. Use as a liquid or add the dry milk to the dry ingredients and add the water to the other liquid ingredients. For every cup of milk called for, use 1/3 cup of dry milk and 1 cup water.

BISCUIT MIX (makes about 15 cups mix)

10 cups flour
1-2/3 cups instant nonfat dry milk
1/3 cup baking powder
2-1/2 teaspoons salt
1-2/3 cups shortening

Mix dry ingredients thoroughly in large container (6- to 8-quart capacity). Cut in shortening with pastry blender or mixer until fine crumbs are obtained and shortening is evenly dispersed. Store, tightly covered, in refrigerator. Use within 3 months. Use for biscuits, muffins, peanut butter snack loaf, carrot-raisin cookies, and tuna pizza (see following recipes).

MUFFINS (using biscuit mix) (makes 12 muffins)

2-3/4 cups biscuit mix (see recipe above)
1/4 cup sugar
1 cup water
1 egg

Preheat oven to 400° F (hot). Lightly grease muffin tins. Stir biscuit mix and sugar. Mix water and egg thoroughly; add to mix and sugar. Stir until dry ingredients are barely moistened. Batter will be lumpy. Fill muffins tins two-thirds full. Bake until lightly browned, about 20 minutes.

BISCUITS (using biscuit mix) (makes 16 biscuits)

3 cups biscuit mix
(see recipe above)
2/3 cup water

Preheat oven to 425° F (hot). Stir most of the water together with the biscuit mix. Add more water as needed to make a dough that is soft but not too sticky to knead. Knead dough (see TO KNEAD, below) 15 times on a lightly floured surface. Pat or roll dough into a square about 7 by 7 inches; cut into 16 pieces and place on ungreased baking sheet. Bake until lightly browned, about 12 minutes.

TO KNEAD: Put a little flour on a smooth surface and on hands. Put dough on surface. Fold far side of dough toward you. Then with heels of hands push down into dough and away from you with a rolling motion. Fold over and push down 2 or 3 times. Turn dough around slightly. Continue kneading. Add a little flour when needed to keep dough from sticking.

PEANUT BUTTER SNACK LOAF (using biscuit mix) (makes 12 slices, about 1/2 inch thick each)

1/2 cup smooth peanut butter
1/2 cup sugar
1 egg
1/2 cup water
1 teaspoon vanilla
1-3/4 cups biscuit mix
(see recipe above)

Preheat oven to 350° F (moderate). Lightly grease 8- by 4-inch loaf pan. Beat peanut butter and sugar with an electric mixer at medium speed until well blended, about 2 minutes (or 300 times by hand). Mix egg, water, and vanilla thoroughly. Add to peanut butter mixture. Add biscuit mix and beat just until smooth. Pour into pan. Bake until toothpick inserted into center of loaf comes out clean, about 40 minutes.

CARROT-RAISIN COOKIES (using biscuit mix) (makes 48 cookies)

1/4 cup margarine, softened
1/3 cup sugar
1 egg
1 teaspoon vanilla
2 cups biscuit mix
(see recipe above)
1/2 teaspoon ground cinnamon
1/2 cup raisins, chopped
1/2 cup carrot, finely shredded

Preheat oven to 350° F (moderate). Lightly grease baking sheet. Beat margarine and sugar with an electric mixer at medium speed until well blended, about 2 minutes (or 300 times by hand). Add egg and vanilla. Beat well. Add biscuit mix and cinnamon; mix until blended. Add raisins and carrot; mix well. Drop by teaspoons onto baking sheet, about 2 inches apart. Flatten slightly with spoon. Bake until set but not dry, about 10 minutes. Remove from baking sheet while still warm. Cool on rack.

TUNA PIZZA (using biscuit mix) (makes 8 servings)

3 cups biscuit mix (see recipe above)
2 teaspoons oregano leaves
1/2 teaspoon garlic powder
1-1/2 cups tomato puree
1 6-1/2 ounce can chunk-style tuna, water-pack, well drained, flaked
1 medium onion, very thinly sliced
1 cup process american cheese, shredded

Preheat oven to 425° F (hot). Lightly grease two large baking sheets or 12-inch pizza pans. Stir biscuit mix and water together until mix is barely moistened. Knead 15 times on a lightly floured surface (see TO KNEAD, above). Divide in half. Pat or roll dough into a 12-inch circle on each baking pan. Turn up edge of dough slightly to form a rim. Bake until surface begins to dry, about 6 minutes. Stir oregano and garlic powder into puree. Spread over hot crusts. Sprinkle with tuna and onion; top with cheese. Bake until cheese is melted and crust is golden brown, about 15 minutes.

WHITE SAUCE (makes 1 cup)

	Thin	Medium	Thick
Fat (tablespoons)	1	1 or 2	2 or 3
Flour (tablespoons)	1	2	3 or 4
Salt (teaspoon)	1/4	1/4	1/4
Milk (cup)	1	1	1

Melt butter, margarine, or other fat in heavy saucepan. Blend in flour until smooth. Add salt. Add milk slowly, stirring rapidly to prevent lumping. Bring mixture to a boil, stirring constantly. Reduce heat and cook 1 minute, stirring constantly. Remove from heat.

Thin white sauce is used in cream soup, gravy, and in creamed and scalloped vegetables, eggs, fish, and meat.

Medium white sauce is also used in gravy and in creamed and scalloped vegetables, eggs, fish, and meat.

Thick white sauce is used as a binder for croquettes and souffles.

Variation: Cheese sauce - Add 1 cup of finely grated cheese to 1 cup hot white sauce, either thin or medium. Stir until cheese is melted, taking care not to overcook.

GRAVY

For a thin gravy use 1 tablespoon each of flour and fat or drippings to each cup of liquid; for a medium gravy use 2 tablespoons of flour and 1 or 2 tablespoons of fat or drippings, as desired. If drippings are scant, add a bouillon cube or a little meat extract to the liquid.

METHOD 1. Use with fat or with drippings containing only fat and browned crusty bits. Measure fat or drippings. Stir flour into fat; brown over low heat. Add liquid slowly, stirring constantly. Cook until thickened, stirring occasionally. Season to taste.

(continued)

METHOD 2. Use with fat or drippings containing a considerable amount of liquid. Measure drippings; if necessary add water to make desired amount of liquid. Heat. Separately combine flour with an equal amount of cold water by stirring or shaking until smooth. Stir flour mixture slowly into hot liquid. Cook until thickened, stirring occasionally. Season to taste.

YEAST ROLLS (makes 24 large rolls)

About 4 cups flour, unsifted
1/4 cup sugar
1 package active dry yeast
1-1/2 teaspoons salt
1 cup milk
1/4 cup shortening
1 egg

Mix 2 cups of the flour with the sugar, yeast, and salt. Heat milk and fat together over low heat until warm. Stir into flour mixture. Add egg and beat well. Mix in enough of the remaining flour to make a soft dough that leaves the sides of the bowl. Knead on a lightly floured surface until dough is smooth and elastic, about 10 minutes. Place in a lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in a warm place (80° to 85° F) until almost double in size (1 to 1-1/2 hours). Grease two 9-inch pans. Press dough down to remove air bubbles. Shape dough into 24 balls and place in pans or make fancy shaped rolls. Let rise in a warm place until double in size (about 1 hour). Preheat oven to 400° F (hot). Bake rolls 15 to 20 minutes until golden brown. Remove from pan and cool on rack.

QUICK COFFEE CAKE (makes 6 servings)

3 tablespoons softened butter or margarine
1/2 cup granulated sugar
1 egg
1 cup flour
1-1/4 teaspoons baking powder
1/4 teaspoon salt
1/3 cup milk
1/4 teaspoon vanilla
1/3 cup brown sugar, packed
1/2 teaspoon cinammon
2 tablespoons butter or margarine

Preheat oven to 350° F (moderate). Lightly grease 8-inch square baking pan. Mix 3 tablespoons fat with granulated sugar. Add egg and beat until creamy. Mix flour, baking powder, and salt thoroughly; add to sugar mixture alternately with milk. Add vanilla. Spread batter evenly in baking pan. Mix brown sugar and cinnamon and sprinkle over batter. Dot with 2 tablespoons fat. Bake 25 to 30 minutes.

YELLOW CAKE

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
1/2 cup margarine, softened
1-1/4 cups sugar
2 eggs
3/4 cup fluid milk
1 teaspoon vanilla

Preheat oven to 375° F (moderate). Lightly grease and flour baking pan. Mix the flour, baking powder, and salt. Set aside. Add sugar slowly to fat in a large bowl, beating well about 2 minutes with electric mixer, or 300 times by hand. Beat in one egg until smooth. Add other egg and beat well another 2 minutes or 300 times. Add half the flour mixture and milk. Mix until smooth (about 1-1/2 minutes, or 200 times). Fill baking pan or 2 layer pans no more than half full. Bake 25 to 35 minutes until cake springs back when lightly touched near center.

FLUFFY ORANGE FROSTING

2 egg whites
1/4 teaspoon salt
1 tablespoon fresh orange juice
1/2 cup mild-flavored honey
1/2 teaspoon vanilla

In top of double boiler, combine egg whites, salt, and orange juice. Beat mixture until egg whites hold their shape in soft peaks. Continue beating while addding honey in a fine stream. Cook over boiling water, beating constantly for 5 minutes until mixture forms stiff peaks when beater is raised. Remove from heat. Add vanilla and beat frosting 2 minutes longer until frosting is of spreading consistency. Frosts two 8-inch cake layers.

BAKED PASTRY SHELL (One 8- or 9-inch pastry shell)

1 cup flour, unsifted
1/2 teaspoon salt
1/3 cup shortening or lard
About 2 teaspoons cold water

Preheat oven to 450° F (very hot). Mix flour and salt thoroughly. Cut fat in with a pastry blender, two table knives, or a fork only until mixture is crumbly. Add a little water at a time while blending lightly. Dough should be just moist enough to cling together when pressed. For easier handling, cover dough tightly and let stand a few minutes. Shape dough into a ball. Roll out on a lightly floured surface until the dough is at least an inch wider all around than the pie pan. Fold dough in half for easier lifting and centering in pie pan. Smooth pastry into place, lifting edges as necessary to eliminate air bubbles. Trim off irregular edges leaving about one-half inch beyond edge of pan; fold under to edge of pan. Shape edge into plain or fancy rim, as desired. Prick bottom and sides well with a fork before baking. Bake 12 to 15 minutes until golden brown. Cool before filling.

Variation: Pastry shell baked with filling: Do not prick the pastry. Fill and bake as directed in pie filling recipe.